

## **World's End Junior School Knowledge Organiser: Year 3 – Gymnastics**

In this gymnastics unit, children will learn how to perform a range of jumps and rolls including: pencil and tuck jump and pencil and teddy bear rolls. Also, how to perform and hold balances and join them together to create sequences.

### **Key objectives:**

#### **Objectives to cover during unit of work:**

I am beginning to hold a balance.  
I am beginning to be able to extend my fingers and toes to create almost straight lines.  
I am beginning to be able to perform balances at different levels (floor, mid and on apparatus).  
I am beginning to perform different rolls (pencil roll and teddy bear roll).  
I am beginning to perform tuck jumps, pencil jumps and star jumps.  
I am beginning to perform 2-point balances.  
I am beginning to perform 3-point balances.  
I can show control when moving from balance to balance.  
I can create a short routine using different levels and speeds.  
I can say what I like and dislike about my performance and others.  
I can use other people's opinions to help make my performance better.

### **Key Vocabulary:**

Balance  
Apparatus  
Routine  
Levels  
Pointed toes  
Pointed fingers  
Straight arms and legs  
2 and 3-point balance  
Tuck jump  
Pencil roll

### **Key Questions:**

1. What do you do with your arms and legs when holding a balance?
2. How long should you hold a balance for?
3. What is a 2 or 3 point balance?
4. How can we link different balances together?
5. What do I need to do to make sure my rolls are safe?
6. How can we perform balances at different levels?

### **Health for life:**

At least 30 minutes of continuous movement to increase cardiovascular strength.

### **Strands included in this unit:**

Spirituality  
Creativity  
Health for life and well-being