

# World's End Junior School Knowledge Organiser

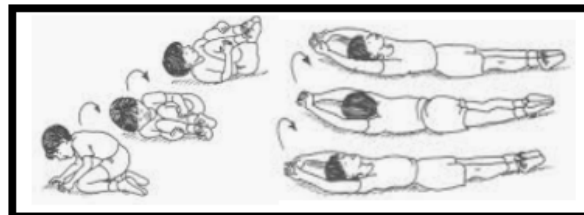
## Year 3 - Gymnastics

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.

Balances



Rolls



- Movement
- Control balances with extended arms and legs.
  - Complete a range of rolls.
  - Complete balances at different levels.

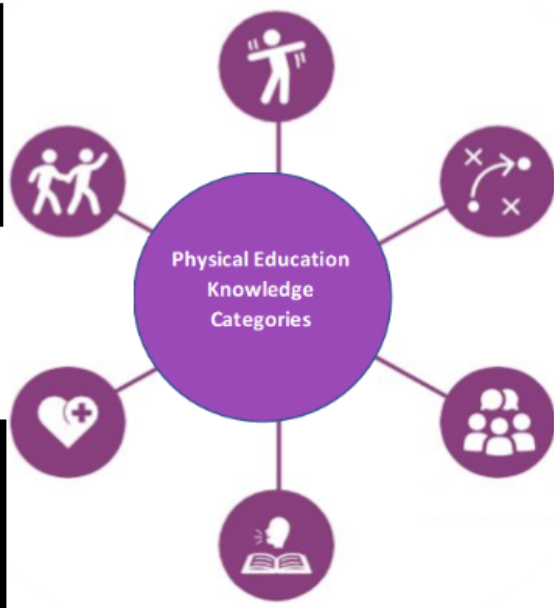
- Leadership
- I can sometimes lead a small group activity.
  - I can act independently.
  - I can manage the space around me.

- Tactics and Strategies
- Use strategies to transition between balances.
  - Use strategies to perform in unison.

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

- Personal and Social
- Work with a team to create a sequence of balances and rolls.
  - Use constructive feedback to improve my performance.

- Vocabulary
- Gymnastics, balance, stretch, pencil roll, tuck roll, levels, sequence, 3-point balance



## Vocabulary explained

**Balance:** to remain still in a set position for 3 seconds.

**Stretch:** to extend the arms and legs when balancing and point fingers and toes.

**Pencil roll:** rotation of the body sideways when arms and legs are straight.

**Tuck roll:** rotation of the body sideways when arms and legs are tucked in.

**Levels:** Height at which you are performing (e.g. Low - close to the ground, high – on tip toes).

**Sequences:** linking together multiple balances and rolls that can be repeated.

**3-point balances:** balance while having three parts of your body touching the floor.

## Professional Gymnastics

Elite gymnasts compete at the Olympics, Commonwealth Games, Worlds and European Championships.

Different types of gymnastics: Artistic, Rhythmic, Trampolining, Acrobatics, Aerobic, Parkour, Tumbling

British gymnasts  
Claudia Fragapane  
and Kristian Thomas

