



<p><b>Subject:</b> Gymnastics: Gymnastics circuits <b>Year 3 Term Autumn 1</b></p>	<p><b>Skills Outcome:</b> and <i>Knowledge Outcomes:</i> <i>LO:</i></p>	
<p><b>Focus</b> To experience the variety of gymnastic apparatus and the key balances and skills needed to use the apparatus.</p>	<ul style="list-style-type: none"> <li>• <b>I can perform a variety of rolls (Teddy bear, log, dish and dome) I know how to perform with good body control</b></li> <li>• <b>I can demonstrate control of my body through balancing (On one leg, using 3 points of contact) I know how to perform with good body control</b></li> <li>• <b>I can use the ropes to hold my body and jump I know my core strength helps with a lift</b></li> <li>• <b>I can demonstrate a variety of jumps over or off of equipment, with a good take off and safe landing. I know how to jump with bent knees before and after and use my arms to balance.</b></li> <li>• <b>I can perform a balance and hold my body with a partner (push and pull) I know my core strength helps with a lift. Showing perseverance and teamwork skills</b></li> </ul>	
	<p><b>Intended Outcome:</b> Across the unit the children will be able to do a variety of rolls, jumps and balances.</p>	
	<p><b>Suggested activities / tasks:</b> -Stations tailored to allow different moves to be practised - (laminated sheets of apparatus plan and station cards to use) - Rolls – Teddy bear, log roll, front support and back support -Jumps – bunny hops over bench, different take off from box top, off of benches, -Balances – individual balances, paired balances working together, holding positions on the ropes. -Partner coaches allow children to perform AND evaluate movements – understanding and performing moves.</p>	<p><b>Key Questions:</b> How do you land safely? What can we do to make this more challenging? What would help you to get your legs straighter? How can we make sure keep our bodies stable whilst landing?</p>
<p><b>Vocabulary:</b> Bent knees Body tension Squashy landing</p>	<p><b>Resources:</b> Station cards with further key questions, pictures and teaching points. Apparatus plans</p>	<p><b>Links to Other subjects:</b> Science – using our body/muscles <b>Nutrition, vitamins, minerals, fat, protein, carbohydrates, fibre, water, skeletons (support, protection) Skull (brain), ribs (heart and lungs)</b></p>

<p>Pointed toes  Jump  Land  Bent knees  Arms out to balance  Control  Paired balance  Roll  Spring  Stretch  Hold</p>		<p><b>joints, muscles (movement, pull, contract) relax, diet.</b>  <b>Forces – push and pull when focussing on paired balances.</b>  <b>Squashy landings with bent knees, to absorb the force when we land.</b></p>
<p><b>SEND/EAL</b>  Pair mixed ability  Model  Support children on ropes- holding ropes or their legs</p>	<p><b>AGT</b>  Create shapes in the air  Hold balances for longer  Create their own balances  Try different take off and landing.</p>	<p><b>Suggested Trips / experiences</b>  After school club  Gymnastic competition</p>