



Curriculum

Year 3 Scheme of Work

Term: Autumn 2

Topic: PE-Gymnastics

Key Skills and Knowledge:

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| <ul style="list-style-type: none"> • Develop and perform actions. • Practice and concentrate on quality of movement. • Link different balances moving in and out of positions of stillness. • Transfer weight smoothly from one part of body to another. • Use actions on floor and over, through, across and along apparatus. • Vary and apply actions on floor and apparatus with a partner. • Choose combinations that work in their sequences. • Using floor and apparatus, create and perform a sequence of contrasting actions.
(small/tall, narrow/wide) • Suggest ways to improve performances. | <p><u>Character Development</u></p> <ul style="list-style-type: none"> • Trust • Recognise strengths and improvements • Courage • Determination <p><u>Key Knowledge</u></p> <ul style="list-style-type: none"> • To carry apparatus safely. • To know how to jump correctly and safely. • Control your landing by putting your arms out. • Land on 2 feet when jumping off apparatus. • Extend your arms and point your toes. |
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Reading and Writing Opportunities (Long and Short Activities)

Creative Ideas and Hooks

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| <p>Instructions how to perform a gymnastics move
Paired practice
Create a short travelling sequence based around the shape of a letter, which has a straight and curved line</p> | <p>Explore ways of travelling across, round, through apparatus using different directions and speeds
Practise transferring floor sequence onto apparatus
Develop a circular sequence that includes a balance + twist + roll + step / bounce pattern
Using the 4 ways to travel plan a sequence in two's. Pupils are to choose a definite pathway e.g. a square</p> |
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Links to PSHCE, Equality and British Values Work

- STEPS for differentiation
Group/partner work
Following rules
Healthy lifestyles
Respect myself and others

Key Vocabulary:

Resources Available / Visits/Visitors

Useful Websites:

Balance, roll, stillness, hold, curved, straight, level, space, onto, off, along, beside, around, though, across, high, low, travel, direction, pathway, jump, land, roll, slow, turn, twist, stop, space, body parts

Mats
Benches
Apparatus
Sequence spots

<https://www.british-gymnastics.org/>

Previous Knowledge:

Travelling actions using hands and feet.
Jumping actions with different shapes in the air.
Egg roll, pencil roll, teddy bear roll.