



Jerry Clay Academy  
Subject Knowledge Organiser

**Subject:** Physical Education

**Year Group:** Year 3

**Term:** Spring 1

**Core Learning of This Unit:**

- To develop competence to excel in a broad range of physical activities, including jumping effectively in gymnastics
- To remain physically active for sustained periods of time
- To develop strength, balance and flexibility when completing a range of jumps, twists and turns in gymnastics

**Prior Learning:**

- KS1 - perform dances using simple movement patterns.
- Year 3 Autumn Term – developing skills such as coordination and balance in gymnastics when completing rolls. Also developing skills such as communication, passing, catching when participating in different ball games such as tag rugby.

**National Curriculum Statements:**

- Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].
- Pupils should be taught to perform dances using a range of movement patterns.
- Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best.

**Key Vocabulary:**

- **Explosive** - movements that require a maximum or near-maximum power output from the athlete in a short amount of time
- **Improve** - to bring into a more desirable or excellent condition:
- **Strength** - the quality or state of being strong; bodily or muscular power
- **Jump** - to spring clear off the ground or other support by a sudden muscular effort

**Significant People**



**Javier Sotomayor**

Javier Sotomayor Sanabria is a retired Cuban track and field athlete, who specialised in the high jump and is the current world record holder. The high jump world record is 2.45 meters (8 ft 0.46 in).