



Jerry Clay Academy Subject Unit Overview

Subject: PE – Gymnastics **Year Group:** Year 3

Term: Autumn

Core Learning of This Unit:

- Use a greater number of their own ideas for movements in response to a task.
- Choose and plan sequences of contrasting actions.
- Adapt sequences to suit different types of apparatus and their partner's ability.
- Explain how strength and suppleness affect performance.
- Identify some muscle groups used in gymnastic activities.
- Compare and contrast gymnastic sequences, commenting on similarities and differences.
- With help, recognise how performances could be improved.

Prior Learning:

- Show awareness of opponents and team-mates when playing games.
- Perform basic skills of rolling, striking and kicking with more confidence.
- Apply these skills in a variety of simple games.
- Make choices about appropriate targets, space and equipment.
- Use a variety of simple tactics.
- Describe how their bodies work and feel when playing games.
- Work well with a partner and in a small group to improve their skills.

National Curriculum Statements:

Pupils should be taught to:

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

Significant People



Louis Smith

Louis Smith is a two-time Olympic silver medallist. He represented Great Britain at three Olympic Games, also winning two bronze medals between 2008 and 2016.

Key Vocabulary:

- Explosive
- Evaluate
- Improve
- Asymmetric
- Contrasting