



Year 3 - Autumn 1 - PE Knowledge Organiser

What I already know...

Children will come into Year 3 having taken part in regular gymnastics throughout KS1. They will be familiar with the equipment and able to:

- Move appropriately around mats and equipment
- Show balance and co-ordination when moving

Key Vocabulary

Rolls	Different ways to rotate the body whilst on the ground.
Jumps	Different ways to add shapes to a routine whilst in the air.
Dismount	The way to leave apparatus.
Apparatus	The equipment used in gymnastics.
Balance	Keeping still whilst holding a shape or position.
Travel	ways of moving around the floor and the apparatus.
Sequence	A combination of movements with a start and an end.

What I will learn...

- That warming up and cooling down are important before and after physical activity
- That movement in gymnastics can be travelling in different ways and at different heights e.g. walking, hopping, crawling, rolling and balancing.
- That points are the parts of your body in contact with the floor or apparatus.
- Different types of rolls - pencil, egg, forward
- Different types of jump - tuck, pencil, star
- That a safe dismount is completed with slightly bent knees and arms out for balance.
- That a sequence is a set of actions linked together that can be repeated.
- How to climb safely and with balance.
- The names of important pieces of apparatus



Making a difference at The Merton

Children will learn and perform a series of movements and sequence them together using a variety of gymnastic apparatus. They will develop and improve their strength, balance and technique, working together to support and improve their movements, and learn how these gymnastic skills can contribute to other sporting areas and improve physical and mental wellbeing.

They will use different ways of travelling around a space, adding in rolls, climbs and jumps and learning how to safely dismount from a range of apparatus.

Making a difference at home

Not all gymnastics can be replicated at home, but children can practise and develop their gymnastics skills through keeping active. You don't need lots of equipment, just spending a little time stretching, balancing and jumping in a safe space can make a big difference to children's core strength and balance.