



Y3 Spring - PE KO - Orienteering & Gymnastics

What I already know...

- How to participate in team games and co-operative activities.
- That maps show us where places are located.
- How to use aerial photographs to recognise features.
- How to develop a simple key
- Simple compass directions (N,E,S,W)

What I will learn...

- That warming up and cooling down are important before and after physical activity
- How to hold and orientate a map correctly.
- The different symbols you might find on a map and how to refer to the key.
- To use a map to navigate a small area (school)
- To follow directions using an 8 point compass.
- That points are the parts of your body in contact with the floor or apparatus.
- Different rolls - straight, barrel, 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.

Key Vocabulary

Orient / orientate	To align and hold the map correctly.
Key	The list of symbols you find on a map
Symbols	Pictures on a map that represent real things.
Navigate	Find your way around using a map and directions.
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.



Making a difference at The Merton and beyond

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 skills can contribute to other sporting areas and improve physical and mental wellbeing.

They will take part in outdoor and adventurous work where they will use previously learnt Geographical skills, and learn to read and follow maps of our school site. Building on their collaborative skills they will have to work together to find and follow clues in orienteering.

PE skills

- Using agility and balance, strength and control
- Having spatial awareness.
- Being able to run at speed and over distance.
- Map reading / navigation
- Orientation
- Following instructions and communicating in a team