

Gymnastics	Physical Education	Years 3 & 4, Term 3	Year A
Key vocabulary: teamwork, straddle, experiment, pathway, level, point, front support, quality, pike, control, routine, combine, apparatus, arabesque, practise describe			
Knowledge and skills: Declarative Knowledge: Learn how to evaluate and recognise your own success and areas for improvement, as well as the effectiveness and quality of a performance. Describe how your body feels when exercising. Procedural Knowledge: Perform a range of actions, agilities and skills with consistency, fluency, and clarity of movement. Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group. Create gymnastic sequences that meet a theme or set of conditions, showing a clear, beginning, middle and end. Create, perform, and repeat sequences that include changes of dynamic e.g. changes of level, speed, or direction. Develop flexibility, strength, control, technique, and balance.		Possible activities: Step 1: To perform 9 key shapes. Step 2: To travel using different body parts. Step 3: To create and experiment with sequences. Step 4: To create sequences of shapes, balances, rolls and travel. Step 5: To share ideas in a group. Step 6: To recognise own successes.	
Spiritual, Moral, Social and Cultural Education, and Promotion of British Values: Spiritual: Children will have a willingness to reflect on their own experiences. Moral: Discuss the morals of co-operation in the team; consider how fairness, honesty and sportsmanship are important in play. Social: Consider the etiquette of play and the social norms which guide people. Cultural: Children will consider the origins of the sport and the competitions that may occur around the world. British Values: Children will have respect for the other team; they will follow the rules of the game; they will consider how democracy plays a role in making and choosing teams. Equalities : Children will think about adaptations that could be made to the game; they will think about the difference between the men and women in sports; they will ensure that everyone is included.			