

Gymnastics	Physical Education	Years 3 & 4, Term 3	Year B
Key vocabulary: teamwork, transition, experiment, communicate, level, linking, pike, quality, straddle, control, routine, combine, apparatus, arabesque, create, describe			
Knowledge and skills: Declarative Knowledge: Recognise and explain a good performance. Procedural Knowledge: Find different ways of using a shape, balance, or travel, and link them to make actions and sequences of movement. Show control, accuracy and fluency of movement when performing actions on your own and with a partner. Devise and perform a gymnastic sequence, showing a clear beginning, middle and end. Create, perform, and repeat a combination of actions that include changes of dynamic e.g. changes of level, speed and direction, and clarity of shape. Collaborate with others.		Possible activities: Step 1: To perform 9 key shapes with good body tension. Step 2: To use travel to link actions. Step 3: To travel on different levels at different speeds. Step 4: To create longer sequences of movements, shapes, balances, and rolls. Step 5: To work with others mirroring and cannoning. Step 6: To perform in front of others.	
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.			