



# Physical Education GYMNASTICS

Y3

## Unit Focus:

Modify actions independently using different pathways, directions and shapes. Consolidate and improve movements and gymnastics actions. Relate strength and flexibility to actions. To use basic compositional ideas.

## Prior Learning:

- Developed body management.
- Used core strength to link elements.
- Attempted to use rhythm while performing a sequence.

## Concepts:

- Unison is the simultaneous performance by two or more people to complete a gymnastics action such as a roll at the same time or hold a balance.



Identify similarities and differences in sequences.



Perform sequences with contrasting actions.



Explain why strength and flexibility important in maintaining a healthy active lifestyle.

## Key Vocabulary/Skills:

Contrasting shapes	Fluency, contrasting, unison, low, combinations, full turn, half-turn, flexibility, compositional ideas, healthy active lifestyle.
Body control when rolling.	
Jumps	
Partner unison	
Patterns	



## Inspiring Individuals



**Olga Korbut**  
(1955 - present)



**Boris Shakhlin**  
(1932 - 2008)

## Equipment

Mats, hoops, cones, wall bars, bean bags, low apparatus, ropes, and action cards.

## Key Questions

1. How do you perform a sequence in unison?
2. How can you adapt a sequence to include contrasting shapes?
3. Where are you showing strength in your sequence?