

Year 1

Real P.E. Gymnastics

Year 2

Real P.E. Gymnastics

Links to previous learning



**Year 3- P.E.
Gymnastics**



Subject Vocabulary

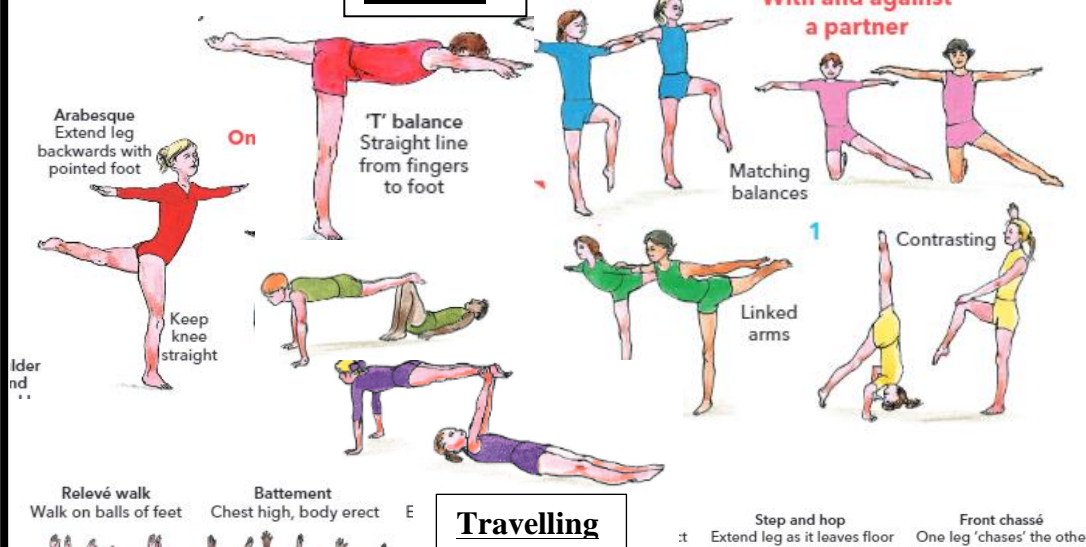
Balance	The ability to keep your body steady and hold a position for three seconds or more.
Symmetry	When the shape is the same on either side of the body or the position is a mirror image of your partner.
Asymmetry	When a shape is a shape that is different on either side of the body.
Apparatus	The equipment needed for an activity.
Connections	Using different body parts.
Level	Height from the ground: low, medium or high.
Warm up	To prepare the body for exercise.
Sequence	An order of moves put together.
Twist	A movement in which part of the body, or the whole body, turns round
Turn	A change in direction.
General Vocabulary	
Route	A pathway from the starting point to an end point.
Refine	Make some changes to improve something.
Technique	A way of carrying out a task.
Coordinate	Work with others to link together ideas.

Key Skills

- To copy, remember and explore simple actions.
- To begin to use turns whilst travelling in a variety of ways.
- To begin to apply compositional ideas by selecting simple actions to construct basic sequences.
- To begin to identify the difference between my performance & that of others.
- To hold a balance for 5 seconds showing control.

Key Knowledge

Balances



Travelling



