



forward roll



straddle-stand



one-handed
cartwheel



round off



handstand



stretches



P.E Gymnastics - Year 3



squat



box top



straddle



incline wedge



balance



split





pike



tuck

Y3 Physical Education: Gymnastics – Topic Vocabulary Mat

Subject Specific Vocabulary		Relevant Pictures and Information	Exciting Websites
rhythm	To control timing during a movement,		<ul style="list-style-type: none"> https://www.jackrabbitclass.com/blog/10-fun-kid-activities-your-childrens-gym-should-offer/
speed	How quickly or slowly an action is done in gymnastics.		Pioneers and Role Models
cartwheel	A circular sideways handspring with the arms and legs extended.		 <p>Louis Antoine Smith MBE received a bronze medal and two silver medals on the pommel horse at the 2008 Beijing Olympics, 2012 London Olympics and the 2016 Rio Olympics respectively, with the former marking the first time a British gymnast had placed in an Olympic event since 1928.</p>
forward roll	To tuck your head and roll your body over forwards.		
backwards roll	To tuck your head and roll your body over backwards.		
tuck	a position in which knees are raised to your chest	What I've Learnt Already <p>Year 2- How to:</p> <ul style="list-style-type: none"> Warm up the correct muscles Practice specific movements to strengthen key muscle groups Safely land, finish and hold. Safely forward roll. Only jump once off a spring board. Hold balances for three seconds To move safely around apparatus and a gymnastic environment and the appropriate steps to take if something goes wrong. Skills I am Developing <ul style="list-style-type: none"> Forward and backwards roll with variations including the straddle stand. Cartwheels including one handed and side to side. Handstands including handstand shaping. Using a one or two foot take-off. Squats and straddle-ons with a dismount Individual, partner and group balances. Evaluation and effectiveness of performances. 	Key Knowledge
balance	To keep weight and body upright and steady.		<ul style="list-style-type: none"> To understand the importance of pulse raising and warm ups.
jump variation	Different heights and distances of jumps during performance.		<ul style="list-style-type: none"> To be able to identify when their pulse has been raised and their body is ready for stretches.
squat	A vault in which your body is supported by both hands.		<ul style="list-style-type: none"> To know the main parts of the body that need to be stretched prior to a gymnastics session.
straddle	To sit or stand with one leg on either side of.		<ul style="list-style-type: none"> To know basic conditioning exercises to increase strength.
split	A position where legs are in line with each other.		<ul style="list-style-type: none"> To understand the importance of conditioning, stretching and endurance in gymnastics.
Springboard	A board that assists various gymnast's jumps.		<ul style="list-style-type: none"> To know how to safely move equipment.
box top	A surface that the gymnast must get over		<ul style="list-style-type: none"> To know how to safely land and finish skills. To know how to safely enter and exit group balances and what to do if the balance becomes unsafe
landing	The completion of a jump after a gymnastic movement.		<ul style="list-style-type: none"> To understand the differences between a leap and a jump.