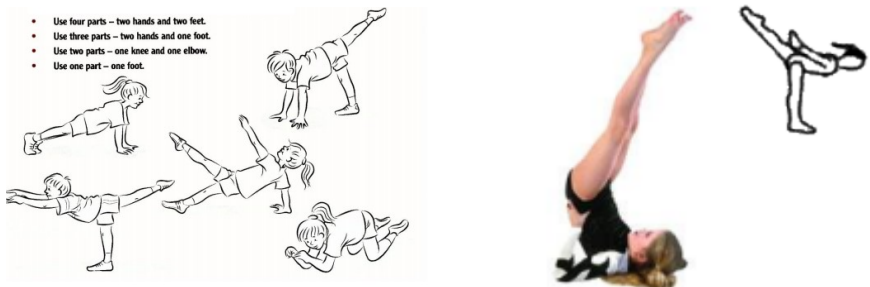
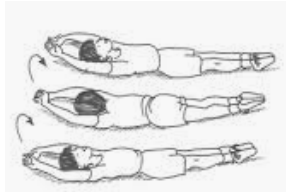

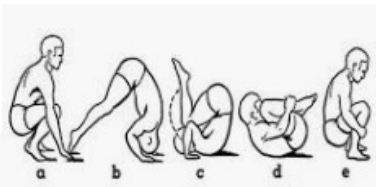
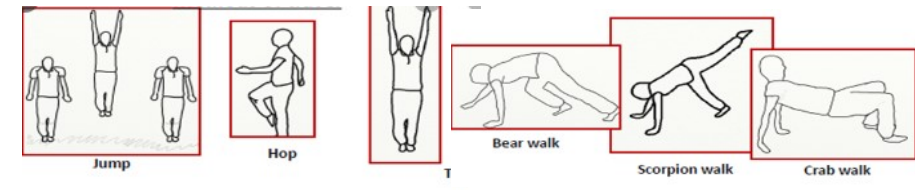




Y3 PE Knowledge Organiser—Gymnastics



Key Knowledge	Key Vocabulary Understand these key words		Gymnastics Focus
<p>Balancing</p> <ul style="list-style-type: none"> • Use four parts – two hands and two feet. • Use three parts – two hands and one foot. • Use two parts – one knee and one elbow. • Use one part – one foot. 	Word	Definition	<p>Gymnastics is a sport that includes exercises requiring balance, strength, flexibility, agility, coordination, and endurance. The movements involved in gymnastics contribute to the development of the arms, legs, shoulders, back, chest, and abdominal muscle groups.</p> <p>Elite gymnasts compete at the Olympics, Commonwealth Games, Worlds and European Championships.</p> <p>Different types of gymnastics:</p> <ul style="list-style-type: none"> • Artistic • Rhythmic • Trampoline • Acrobatics • Aerobic • Parkour • Tumbling
<p>Rolling</p> <p>Egg Roll</p>  <p>Pin Roll</p>  <p>Forward Roll</p> 	Actions	A movement in gymnastics could be roll, jump, travel, spin or balance.	
	Apparatus	Equipment used in gymnastics—benches, tables, beams, wall bars etc.	
	Balance	To remain still in a set position for 3 seconds	
	Extension	Straightening limbs and / or trunk	
	Levels	Height at which you are performing e.g. low (close to the ground), high (on tip toes)	
	Matching	Copying the same actions as your partner at the same time.	
	Points	Parts of your body in contact with the floor or apparatus	
	Roll	Rotation of the body (forwards / backwards / sideways)	
	Sequence	Linking together multiple actions that can be repeated	
<p>Travelling</p> 	Spin	Keeping one body part in contact with the floor rotate about that point.	
	Travel	Getting from point A to B using repeated movements.	