

Title: Gymnastics

Year Group: 3

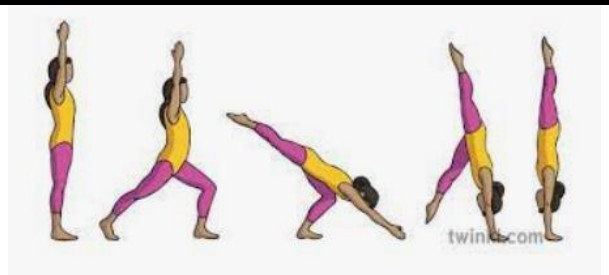
Rolls



Forwards roll



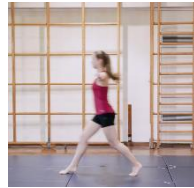
Handstands



Progression of handstand

MOTIVATED

Linking movements



Chassis step

Key Learning

I can explain changes in the body during exercise.

I can perform a star, tuck and half turn jump, and a cat leap

I can perform a hurdle step and squat onto a vault.

I can perform a forwards roll and rock back to the correct backwards roll position

I can support my body weight on my hands and perform a lunge position (in preparation for a handstand).

I can link jumps and rolls with a sideways chassis step.

I can create a sequence using a roll, jump and balance.

PROUD

Jumps



star jump



tuck jump



half-turn jump



Cat leap

Squat onto vault



Head & Heart



SUCCESSFUL

MMOTIVATED

PPROUD

SSUCCESSFUL