KNOWLEDGE ORGANISER

PE	Gymnastics	YEAR 3/4

Cross curricular links	Key skills	Key Vocabulary/definitions
PSHE – understanding the importance of looking after ourselves Science – understanding how the body moves and what happens to our heart rate when we are exercising	- Hold a balance for a short time - Change speed, direction and level with care when travelling - Change level when travelling - Perform rolls with control (crouched forward roll, forward roll from standing) - Travel across, through, along, over, under small climbing apparatus with control and co-ordination - Know there are different types of jumps and how to perform these - Begin to use the vault to travel	**Balance-** having the same weight (mass) on either side **Sequence** – a particular order in which related things follow each other **Technique** – a way of performing a skill **Control** – to exercise restraint or dominance over something **Co-ordination** – to be able to use more than one part of the body effectively together

Pictures/photos relevant to topic

Key facts

Yoga activities:

https://www.gonoodle.com/videos/GYpxJY/strengthen-your-focus

https://cosmickids.com/?srsltid=AfmBOopXGFp0PjLqMvcdejLdYwqyWmHJHC22OSunGwZtGTwb3Z8lgOiM

Indoor activities:

- **Obstacle course** – create your own obstacle course at home and practise different ways to travel or balance
- **Limbo** – Find a long object at home and try to limbo under the bar without falling or touching it
- **Balance ball** – Using a ball or any other object, try and balance it on your head without dropping it