



PE – Gymnastics – Year 3/4

Key Learning

1. To know how to create longer sequences in a larger group.
2. To know how to demonstrate precision and control in response to stimuli.
3. To know terminology for a range of gymnastics movements.
4. To demonstrate rhythm and spatial awareness.
5. To know how to modify parts of a sequence as a result of self-evaluation.

Vocabulary

Cartwheel	A move where you go sideways on your hands and feet, making your body spin like a wheel.
Handstand	Holding your body upside down while balancing on your hands with your legs straight in the air.
Forward Roll	A smooth roll over your head and shoulders, like a somersault on the floor.
Bridge	A stretch where you push your tummy up while your hands and feet stay on the floor.
Balance Beam	A narrow beam you walk, turn, and jump on while trying to stay steady.
Jump	Lifting off the ground with your feet to go into the air, sometimes with shapes like tucks or splits.
Tuck Jump	A jump where you pull your knees up toward your chest while in the air.
Split	A position where your legs stretch out straight in opposite directions, one in front and one behind.
Routine	A series of skills put together in a performance, showing control, strength, and creativity.
Coach	The person who teaches you new skills, keeps you safe, and helps you improve.
Flexibility	How easily your body can stretch, bend, and move into different positions.

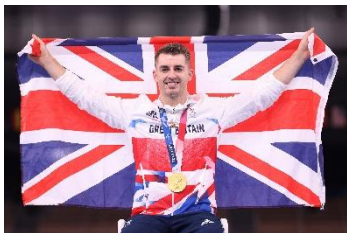
Key Athletes



Becky & Ellie Downie
Represented GB at the highest levels, including the World Championships.
Appointed MBEs in the New Year Honours for 2024.

Max Whitlock

British artistic gymnast, Olympic and world champion, known for exceptional pommel horse routines.



Feet and knees together
Chin tucked into neck

Shoulders contact floor NOT the head
Leave a gap between face and knees

Stay tucked until feet contact the floor
Reach forwards with arms

Stand up without hands touching the floor
Feet and knees stay together

The Basic Shapes in Gymnastics

