

Physical Education

Year group: 3/4

Term: Cycle A Autumn 2

Prior knowledge

Pupils will have knowledge on the different ways that they can link movements and balances together.

They will know what 'champion gymnastics' looks like and perform a sequence using jumps, rolls and balances.

National Curriculum Objectives

- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]



Topic overview



Gymnastics - Bridges

The unit of work will focus on exploring bridge balances and the ways we can move in and out of them over and under them, on the floor and on the apparatus. Pupils will create sequences combining movements and bridge balances in pairs, applying flow and challenging their creativity.

By the end of this unit, I will be able to:

Physical - Pupils will be able to link movements and balances together, applying champion gymnastics criteria, on the floor and on apparatus.

Cognitive - Pupils will demonstrate an understanding of the concept of flow and apply this to their developing sequences.

Social - Pupils will demonstrate life skills such as empathy and gratitude as they work safely with each other. Pupils will support each other and share apparatus

Wellbeing - Pupils will confidently demonstrate self-belief and courage as they create their own sequences and challenge themselves to try a range of movement and balances.

Key vocabulary

- Champion gymnastics
- Balances
- Bridges
- Sequence
- Paired
- Variety
- Constructive feedback