

# Hobbs Hill Wood Primary School

## Knowledge Organiser for PE

### Year 3 – Spring 1 and 2

### Subject – PE

### Topic – Gymnastics and Dance



'Inspiring confident and independent learners'

#### Gymnastics

##### National curriculum aims

2C- Develop flexibility, strength, technique, control and balance.



##### Skills

- Start to explore, improvise and combine movements ideas fluently and effectively, using skills in different ways, performing with confidence developing a sense a rhythm.
- Perform movements accurately with a sense of rhythm using the beat for guidance.
- Create sequences and perform with fluency and clarity. Choosing skills that meet the needs to the situation.
- Develop a gymnastic sequence by understanding, choosing, and applying a range of compositional principles; varying direction, level, and pathways to improve the quality of the performance.
- Develop flexibility, strength, control and balance.

##### Unit objectives

- Step 1- To perform 9 key shapes
- Step 2- To travel using different body parts
- Step 3- To travel on different level at different speeds
- Step 4- To create sequence of movements, shapes, balances, and rolls.
- Step 5 – To work with others mirroring and cannoning
- Step 6- To perform in front of others.

##### Key Vocabulary

Gymnastics, Key Shapes, Balances, Rolls, Jumps, Co-ordination, Routine, Travelling, Apparatus, Sequence, Partners, Teamwork

#### Dance

##### National curriculum aims

2C- Develop flexibility, strength, technique, control and balance.

2D- Perform dances using a range of movement and pattern.



##### Skills

- Explore and create characters and narratives in response to a range of stimuli.
- Perform dances using a range of movement patterns with accuracy, fluency, consistently and with control on your own or with a partner.
- Develop a dance phrases using canon, unison, repetition, action/reaction, and question/answer.
- Combine actions and maintain the quality of performance when performing at the same time as a partner.
- Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group.

##### Unit objectives

- Step 1- Perform dances using a range of movement patterns.
- Step 2- Link movement patterns together.
- Step 3 – Work on your own, with a partner and in a group.
- Step 4 – Create, practice, and perform more complex dances.
- Step 5- Perform as various characters when moving to music.
- Step 6- Communicate feelings through dance.

##### Key Vocabulary

Dance, Routine, Music, Movements, Co-ordination, Tutting, Beat of 8, Canon, Unison, Count, Fluency, Choreography, Performance