

PE End Points

Year 3- Gymnastics



Stretching, Curling and Arching

- travel showing a range of stretched curled and arched shapes (e.g. rolling, jumping and beginning of cartwheel activities) and join together two or more contrasting actions.
- demonstrate stretched arched and curled balance on different body parts showing an understanding of high, medium and low positions.
- identify and perform matching shapes with a partner, facing each other, one behind the other, side by side, or passing over a partner.
- compose a short sequence with a partner demonstrating an understanding of levels, directions and speeds, and be able to identify what adaptations were required to enhance the overall performance.

Symmetry and Asymmetry

- know what symmetry and asymmetry means and identify and demonstrate symmetrical and asymmetrical balances on different body parts.
- travel, jump and roll or spin showing symmetrical and asymmetrical shapes emphasising legs together and apart, and working on different levels.
- understand and show how to link smoothly, travelling, jumping, turning and balancing movements and begin to analyse the work of others.
- perform a simple matching sequence side by side with a partner to show symmetrical and asymmetrical shapes.
- further develop work by adapting and transferring ideas and skills onto appropriate apparatus at every stage of learning.

Travelling

- identify "change of front" and understand what it means. demonstrate $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$ turning jumps.
- move in a variety of ways using different directions i.e. forwards, backwards, sideways, diagonally forwards, diagonally backwards.
- understand and show individual actions which in themselves create a change of front or direction, (e.g. cartwheel, rolls, jumps or bunny-hop to one side).
- select movements and create a sequence to illustrate change of front or direction.
- transfer all these ideas and skills onto apparatus at every stage of development and extend or adapt them as necessary.

