

Year 3



Knowledge Organiser: PE

Gymnastics

Key Vocabulary			
Actions	Apparatus	Balance	Extension
Levels	Matching	Points	Roll
Sequence	Spin	Travel	Position
Control	Flexibility	Variety	Tuck



In Year 2, you learnt:

To copy and remember actions.
Hold a position.
Climb safely on large equipment.
Develop flexibility.
Jump in a variety of ways.



Key facts	Key skills
Refine movements in to sequences. Show change. Swing and hang.	Create a sequence of key skills with increasing definition. Change direction, speed and level during a performance. Swing and hang from equipment using your hands.