PE Year 3: Autumn 2

Gymnastics

Key Vocabulary for Gymnastics

Extension – lengthening a particular part of the body.
Body tension – tightening the muscles to control a movement or balance.
Momentum – the force created by a moving object.
Flow – when different positions or movements link together smoothly.
Explore – to discuss a subject in detail.
Matching – doing the same thing.
Contrasting – doing something different.
Control – when you perform a movement or hold a position, do it carefully.
Rotate – to turn around.
Abdominals – the muscles in the stomach area.
Core strength – the strength in the muscles of the central part of your body.

Key Knowledge for Gymnastics

Shapes: understand how to use body tension to make my shapes look better.
Balances: understand that I can make my balances look interesting by using different levels.
Rolls: understand the safety considerations when performing more difficult rolls.
Jumps: understand that I can change the take off and shape of my jumps to make them look interesting.
Strategy: know that if I use different levels it will help to make my sequence look interesting.

Key Skills for Gymnastics

Shapes: explore matching and contrasting shapes.
Balances: explore point and patch balances and transition smoothly into and out of them.
Rolls: develop the straight, barrel, and forward roll.
Jumps: develop stepping into shape jumps with control.

Pillars

Motor Competence - having a secure repertoire of fundamental movement skills and techniques that form increasingly complex movement patterns and sequences within domain-specific contexts.
Rules, Strategies and Tactics - having an increasingly complex tactical knowledge, knowledge of context-specific rules, conventions, regulations and strategies and knowing how to be successful across a range of activities and sports.
Healthy Participation - understanding and demonstrating how to safely prepare and participate in increasingly specific contexts, and the short-term and long-term impacts of sport and physical activity.

Key Questions

Gymnastics
What is body tension?
How do we structure a sequence?
What are the techniques for a safe landing?
What is matching?
How do contrasting shapes affect a performance?
Why is negotiation an important skill to use in gymnastics?

Netball
How does communication impact upon the game?
What are the rules for footwork and held ball?
When should we change direction?
What makes a successful defence?
What is the best shooting technique?
What happens when rules are broken?
What are the rules of the court?
How does netball compare to other invasion games?

Netball

Key Vocabulary for Netball

Interception – catching a pass made by an opposing player.
Protective – keeping a space on the court free.
Opponent – a player on the other team to you.
Defend – to attempt to stop the other team from scoring.
Attack – to attempt to score a goal or obtain the ball from the opposing team.
Travelling – moving across the court.
Possess – to have the ball in your hands.
Formation – the particular places in which the team stand.
Quadriceps – the muscles at the front of the thighs.

Key Knowledge for Netball

Sending & receiving: know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately.
Dribbling: know that dribbling is an attacking skill which helps us to move towards a goal or away from defenders.
Space: know that by spreading out as a team we move the defenders away from each other.
Attacking and defending: know my role as an attacker and defender.
Tactics: know that using simple tactics will help my team to achieve an outcome e.g. we will each mark a player to help us to gain possession.
Rules: know the rules of the game and begin to apply them.

Key Skills for Netball

Sending & receiving: explore sending and receiving abiding by the rules of the game.
Dribbling: explore dribbling the ball abiding by the rules of the game under some pressure.
Space: develop using space as a team.
Attacking: develop movement skills to lose a defender. Explore shooting actions in a range of invasion games.
Defending: develop tracking opponents to limit their scoring opportunities.