



# Coleman Primary School

## Year 3 Gymnastics

### Patterns and Pathways

#### Core task

To create and perform a floor sequence using travel and balance actions. Make sure the sequence includes an arm patten, a whole body movement pattern and a clear pathway.

#### Curriculum objectives

- Develop a broad range of skills.
- Link actions to make sequences of movement.
- Understand how to improve and evaluate own success.
- Develop flexibility, strength, technique, control and balance.

#### Progression

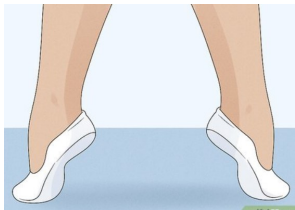
##### In Year 2 you were...

- Developing positions of stillness on varying numbers of contact points and body parts.
- Transferring weight e.g. from one position of stillness to another.
- Making short movement phrases– linking positions of stillness to other actions.

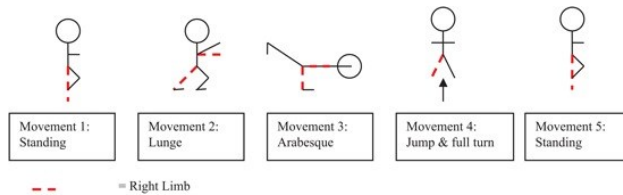
##### Year 3 Key concepts

- Linking travel and balance actions into short movement phrases.
- Exploring travel actions following different pathways.
- Exploring arm actions and linking them into arm pattern phrases
- Using movement patterns as a basis to plan movement phrases.

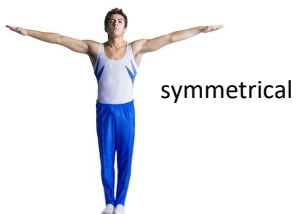
#### Pictures



releve



gymnastic phrase



symmetrical



battement walk

#### Key Vocabulary

|                       |  |
|-----------------------|--|
| <b>T walk</b>         | Walking with arms out to the side                            |
| <b>Releve walk</b>    | walking on tiptoes with arms stretched up by ears            |
| <b>Battement walk</b> | As T walk but kick the legs out and up                       |
| <b>Side Step</b>      | Place right foot to side to make star shape then bring left. |
| <b>Symmetrical</b>    | Both sides match as if a mirror                              |
| <b>Phrase</b>         | Sequence of movements  |
| <b>Pattern</b>        | Positions or phrases that are repeated.                      |