



Physical Education

Gymnastics Year 3

Unit Purpose

The unit of work will challenge pupils to develop and apply an understanding of **canon** and **unison** to create sequences.

Pupils will work in small groups to **create sequences** that combine both canon and unison, using a range of apparatus that **flow**.

Inspire Me

Did you know... that the balance beam is the only event in gymnastics where athletes cannot touch the apparatus with their hands. An Olympic balance beam is only 10cm wide and four feet off the ground.



Key Success Criteria

- P** Pupils will execute 'excellent' movements in both canon and unison. Pupils will be able to link these movements together forming sequences.
- C** Pupils will develop life skills such as evaluation as they create their sequences in pairs/groups, making any adaptations when necessary.
- S** Pupils will collaborate showing cooperation skills with their partners/groups as they work together to create their sequences and share apparatus with others.
- W** Pupils will develop their resilience and ability to remain self-motivated as they strive to improve their sequences even when they find it hard.

Vocabulary for Learning

Excellent gymnastics: 'Excellent' refers to when pupils are being silent, extending their fingers and toes and when they make a shape/balance, which they are able to hold still for at least 4 seconds.

Extension: This is when pupils are pointing (extending) their fingers and toes when moving or holding a balance.

Sequence: This is a combination of controlled movements, balances or actions that have been added (linked) together in a particular order.

Interesting: This means pupils are thinking and being creative. This includes adding different levels and different connection points to their balances and/or movements.

Apparatus: The term apparatus refers to a piece of equipment that's used in gymnastics. For example, a bench, vault or balance beam.

Unison: Unison is where pupils perform the same movement at exactly the same time as each other.

Canon: Canon is where pupils perform the same movement one after the other.

