

Year Three - Year 3

Gymnastics Core Task 1

Select a class ▾



Gymnastics

Content

Resources

Evidence

Unit
Assessment

Unit
Outcomes

Pupil
Voice

▸ Overview

▸ Lesson 1

▸ Lesson 2

▸ Lesson 3

▸ Lesson 4

▸ Lesson 5

Unit Overview

Year 3 Gymnastics Core Task 1 lessons and plans.

Lesson 1



Lesson Objectives:

To demonstrate travelling with control on 4 points.

To show balances on 2 and 3 points of the body.

Character - Trust - To willingly accept feedback from my partner to help me improve.

Lesson 2



Lesson Objectives:

To show balances with stillness on 1,2,3 and 4 points of the body.

To combine actions of travelling and balance.

Character - Trust - To willingly accept feedback from my partner to help me improve.

Lesson 3



Lesson Objectives:

To demonstrate basic rolls with accuracy and control.

To move from one action to another smoothly.

Character - To willingly accept feedback from my partner to help me improve my rolling skills.

Lesson 4



Lesson Objectives:

To demonstrate jumping and landing safely.

To create and demonstrate a sequence to a partner.

Character - To willingly accept feedback from my partner to help me improve my sequence.

Lesson 5



Lesson Objective:

To create and demonstrate a gymnastic sequence of at least six actions using travelling, rolling, jumping and balancing on small body parts.

Character - Evaluation - To recognise strengths and areas for improvement in a partner's performance.