



PE
Year 3

Gymnastics

What is Unison? Can I explore movements and balances in unison?
Can I create a sequence on the floor using a range of movements and balances that flow?

How can we use a range of apparatus to support our creativity?
Can I develop 'Canon Sequences' on apparatus?

Can I develop my sequence in a small group, combining canon and unison? Can I use a range of apparatus?

What is canon? Can I explore movements and balances in canon?
Can I create a sequence on the floor using a range of movements and balances that flow?

How can we use a range of apparatus to support our creativity?
Can I develop 'Unison Sequences' on apparatus?

Can I work in small groups to create their sequences, combining both canon and unison, with balances and using a range of apparatus?

Celebration/Evaluation
To perform my sequence in front of my peers.

Key Vocabulary
Excellent Gymnastics, Linking, Flow, Interesting, Extension, Symmetrical, Asymmetrical, Sequence, Apparatus.
Canon, Unison, Balance

What to revisit?
Y1/ 2— Champion Gymnasts, balances, using apparatus, linking together to create a sequence