



PE

Year 3 – Cannon and Unison

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?

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

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, Extension, Sequence, Apparatus,
Canon, Unison, Balance, Jump, Roll, Travel,
Extension

What to revisit?

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