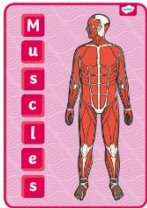
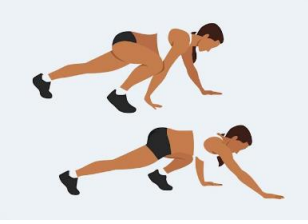


Year 3: Gymnastics skills - Travelling			
Crucial Knowledge & Skills		Key Concepts	Other Key Vocabulary
I know that warming up before my gymnastics lesson helps to prepare my body for movement and increases my heart rate, which helps to pump blood to my muscles.		To build, develop and demonstrate resilience	Pathways: A trail of floor pattern a gymnast follows moving from one spot to another.
I know that pathways are patterns of movement that a gymnast follows whilst performing a travelling movement.			Zigzag: Moving the body along a line following sharp left and right turns.
I can move along 3 different pathways (using the floor and low-level apparatus) showing control and coordination: straight, curved and zigzag.			Curved: Moving along a rounded or arched route
I can use a variety of controlled travelling movements (using the floor and low-level apparatus) including: walking, tiptoeing, hopscotch, bear crawl, side stepping and skipping.		To develop a lifelong love of physical activity	Pivot turn: A turn where the gymnast rotates whilst staying in one spot.
I can perform a pivot turn on one foot to change direction along a pathway.			Sequence: A connected series of movements—such as rolls, balances, jumps, and shapes—performed one after the other without stopping.
I can perform a gymnastics routine, moving along different pathways, showing a variety of travelling movements, including a pivot turn, using the floor and low-level apparatus.			Movement: A controlled physical action used to travel, balance, jump, or rotate.