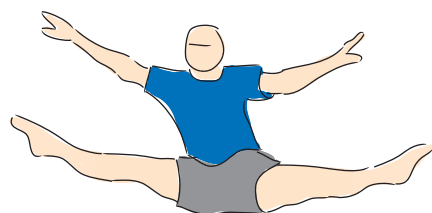
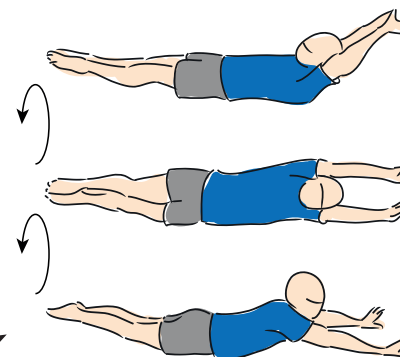


# RESOURCE CARD: GYMNASTICS: YEAR 3

RELATES TO: WEEK 1



SIDE LEAPS

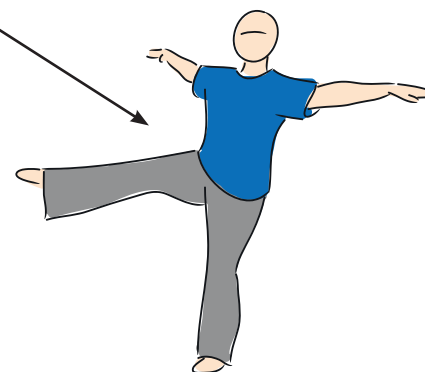


LOG/PENCIL ROLL

**EXAMPLES OF  
TRAVELLING  
USING VARIOUS  
BODY PARTS**



GORILLA WALK

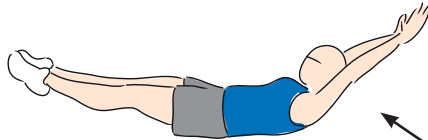


HIGH KICKS

# RESOURCE CARD: GYMNASTICS: YEAR 3

RELATES TO: WEEKS 2 & 3

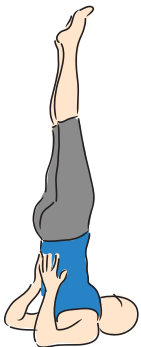
## MAIN LESSON: SHAPES



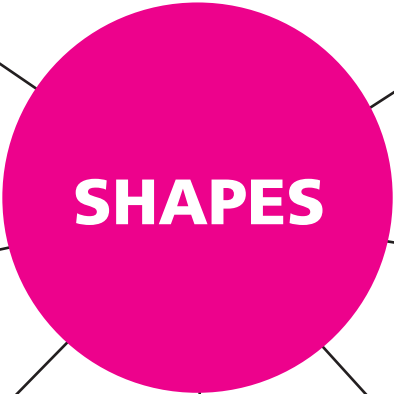
DISH SHAPE



TUCK SHAPE



SHOULDER STAND



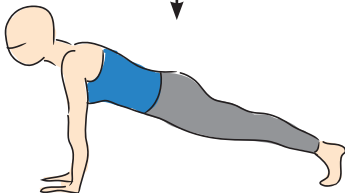
SHAPES



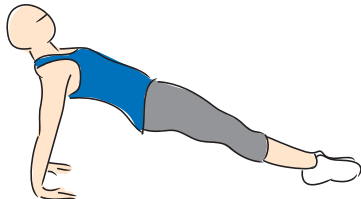
V-SIT SHAPE



STRADDLE SHAPE



FRONT SUPPORT SHAPE



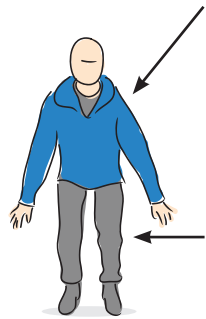
BACK SUPPORT SHAPE

# RESOURCE CARD: GYMNASTICS: YEAR 3

RELATES TO: WEEK 3

## MAIN LESSON: HOW TO PERFORM THE STRAIGHT JUMP SAFELY AND EFFECTIVELY

### STEP ONE: PREPARATION



Keep your back straight and place your hands by the side ready to swing forwards and up to gain height.

Bend your knees and be ready to push off the floor with lots of power.

### STEP TWO: FLIGHT



Reach high above your head and look up.

Keep your legs straight and point your toes.

### STEP THREE: LANDING



Use the arms to counter balance.

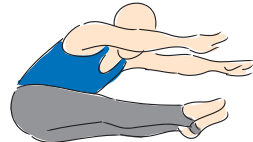
Soft landing by bending your knees.

Don't land on flat feet.

## NOW SEE IF PUPILS CAN CHANGE 'STEP TWO: FLIGHT' INTO THE FOLLOWING SHAPES:



STRADDLE JUMP



PIKE JUMP



STAR JUMP

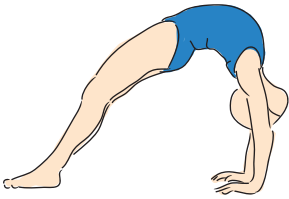


TUCK JUMP

# RESOURCE CARD: GYMNASTICS: YEAR 3

RELATES TO: WEEK 4

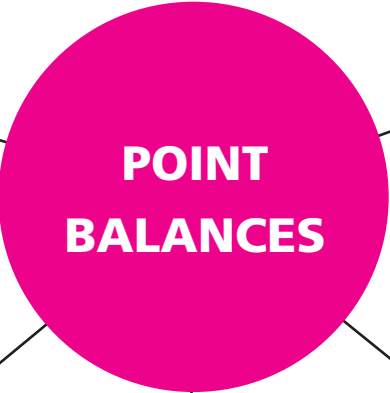
## MAIN LESSON: POINT BALANCES



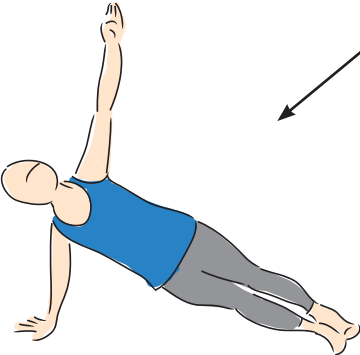
4-POINT BALANCE



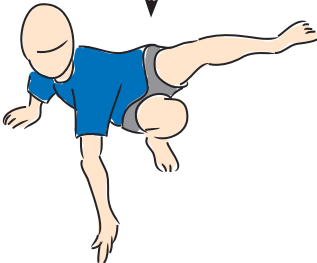
1-POINT BALANCE



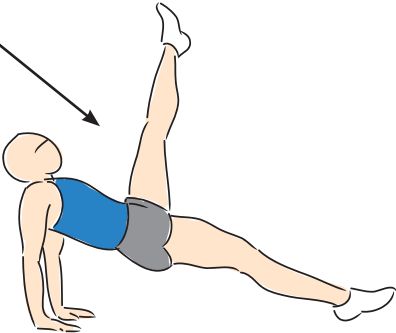
POINT  
BALANCES



3-POINT BALANCE



2-POINT BALANCE

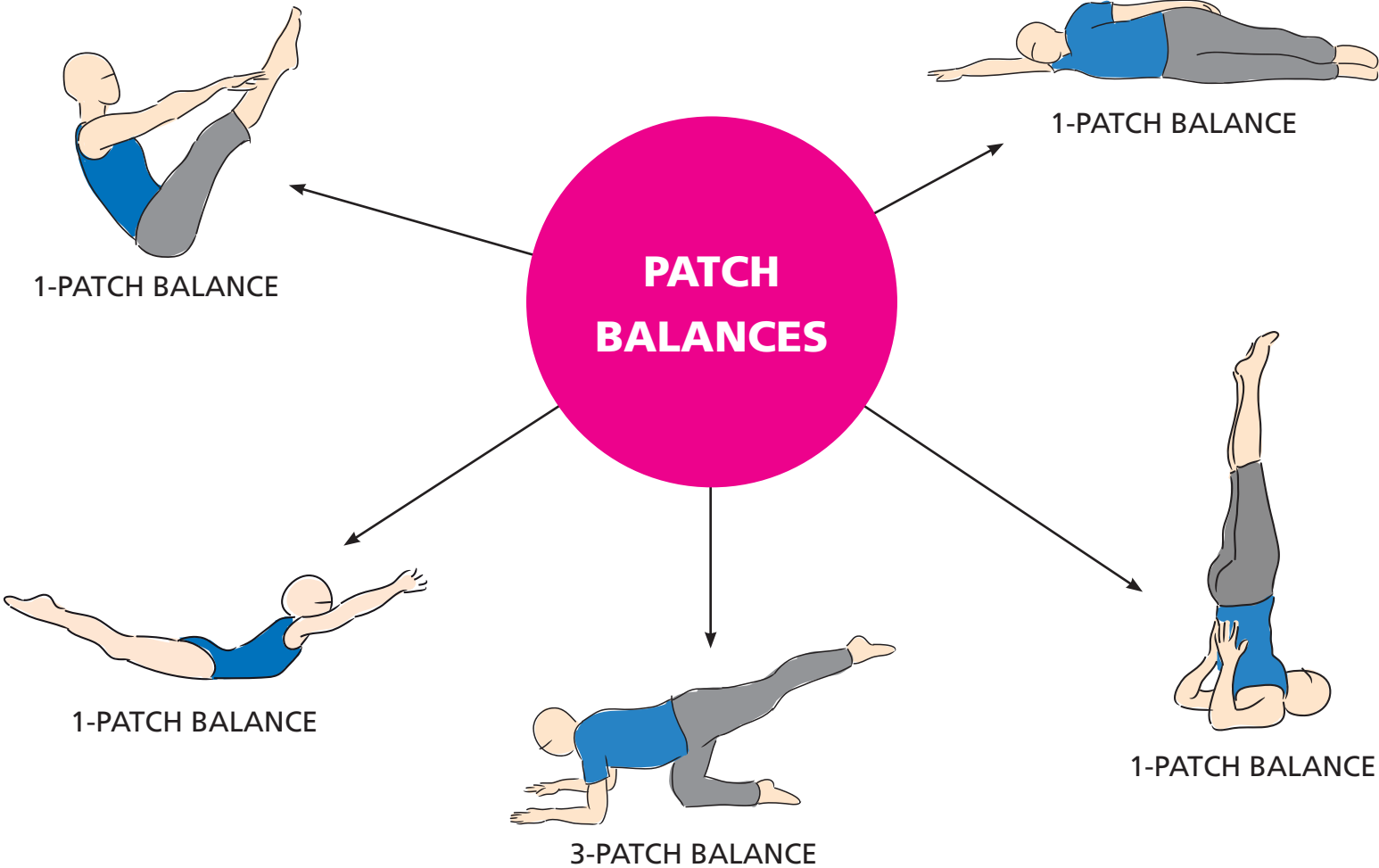


3-POINT BALANCE

# RESOURCE CARD: GYMNASTICS: YEAR 3

RELATES TO: WEEK 4

## MAIN LESSON: PATCH BALANCES

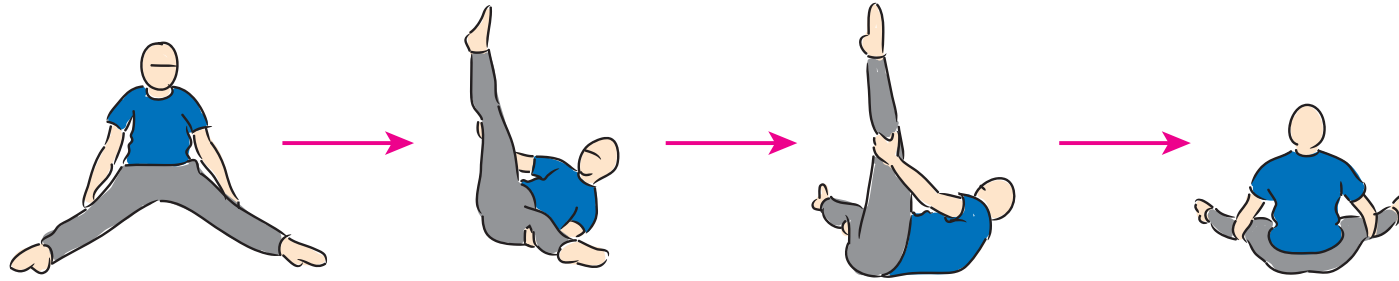


# RESOURCE CARD: GYMNASTICS: YEAR 3

RELATES TO: WEEK 5

## MAIN LESSON: ROLLING

### TEDDY BEAR ROLL



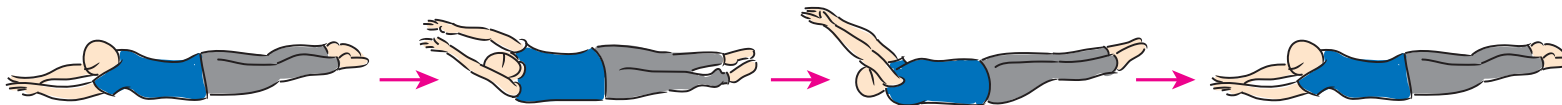
Pupils to sit like a teddy bear, pointing their toes and sitting up tall.

Pupils to roll onto one of their shoulders remaining in the teddy bear position.

Pupils are to continue rolling taking their legs to the opposite side.

Pupils will finish up facing the opposite way to where they started.

### PENCIL ROLL



Encourage pupils to keep their hands and feet off the floor.

Tell pupils to look under their armpit as they begin to roll. This will help them to roll in a straight line.

Encourage pupils to use good body tension.

Pupils are to finish as they started.

# RESOURCE CARD: GYMNASTICS: YEAR 3

RELATES TO: WEEK 6

## GAME/ COMPETITION: SELF EVALUATION SHEET

Please tick the answer that you think best suits you...

	Yes	No	Maybe
1 Do you point your toes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 Do you show good posture and body tension?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 When you perform a balance, can you hold it for 3 seconds without wobbling?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 When you jump, do you bend your knees when you land?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 Can you perform a roll slowly with control?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 Can you find ways to travel using the apparatus?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Travelling	Rolling	Jumping	Balancing	Using the apparatus
7 Tick one thing you thought you were <b>really good</b> at:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Travelling	Rolling	Jumping	Balancing	Using the apparatus
8 Tick one thing you would like to <b>get better</b> at:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

9 What was your most favourite thing about gymnastics?

# RESOURCE CARD: **GYMNASTICS:** YEAR 3

RELATES TO: **WEEK 6**

## SELF EVALUATION SHEET RESULTS:



If you ticked mostly **'Yes'** = You are a super gymnast.  
Keep up the hard work!



If you ticked mostly **'No'** = You tried very hard and well done,  
but you need to remember to stretch your body and point your toes more.



If you ticked mostly **'Maybe'** = Well done, you are a good gymnast.  
Keep trying your best.