

SCHEME OF WORK: **GYMNASTICS**: YEAR 3

LESSON	OUTLINE OF LESSON
1	To learn a variety of different ways to travel across a small area using different levels and body parts.
2	To explore and link different shapes to create a small sequence.
3	To learn how to jump effectively and safely and apply this in a sequence.
4	To learn point and patch balances and how to link them together within their sequences.
5	To learn the fundamental skills of rolling and link them together within a controlled way.
6	To perform a full routine that involves shapes, travelling, balances, jumping, rolling and small apparatus.