



Objectives and Sticky Knowledge

Previous Knowledge Recap:

Show control in your movements
Plan and show a sequence of movements, showing contrast
Work on your own and with a partner to create a sequence in different ways, following a set of 'rules'



Land Objectives and Sticky Knowledge:

To adapt sequences to suit different types of apparatus and your partner's ability.	To compare and contrast gymnastic sequences, commenting on similarities and differences.	To use a greater number of your own ideas for movement in response to a task, focusing on strength and suppleness.
<ol style="list-style-type: none"> 1. Know that adapting means changing. 2. Know how to adapt sequences in relation to the apparatus available. 3. Know how ideas can be developed into a sequence. 4. Know that apparatus is equipment used in a gymnastics sequence such as benches and climbing equipment. 	<ol style="list-style-type: none"> 1. Know similarities and differences in gymnastics routines and how to spot them in different performances. 2. Know how to compare and contrast performances that you and your peers create. 3. Know that compare means spotting the similarities and differences between two things. 4. Know that contrast means how things differ. 	<ol style="list-style-type: none"> 1. Know that strength is how strong your body performs and what you can achieve. 2. Know that suppleness means how easily you can move in different ways. 3. Know that flexibility and suppleness in gymnastics are similar when moving/performing

Links with 'Communication' Golden Thread:

Links with CST and CKA Values Crown:

Year 3 PE Gymnastics

Sky Objectives

1. Can describe the ABC's relating to sporting movement.
2. Can encourage other children during an activity.
3. Can describe what happens to our heart rate when exercising.

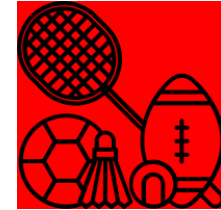




Objectives and Sticky Knowledge

Previous Knowledge Recap:

1. Change rhythm, speed, level and direction in dance.
2. Make a sequence by linking sections together.
3. Use dance to show a mood or feeling.



Land Objectives and Sticky Knowledge:

To be able to sequence movements together to a piece.

- 1.improvise freely and translate ideas from a stimulus into movement
- 2.share and create phrases with a partner and small group
- 3.remember and repeat dance perform phrases

Links with 'Communication' Golden Thread:

Links with CST and CKA Values Crown: