



P.E. Knowledge Organiser - Gymnastics (Year 3)



Key Vocabulary

Actions	A movement in gymnastics could be roll, jump, travel, spin or balance.
Apparatus	Equipment used in gymnastics - benches, tables, beams, wall bars etc.
Balance	To remain still in a set position for 3 seconds.
Extension	Straightening limbs.
Levels	Height at which you are performing.
Matching	Copying the same actions as your partner at the same time.
Roll	Rotation of the body (forwards, backwards or sideways)
Spin	Keeping one body part in contact with the floor rotate about that point.
Travel	Getting from point A to B using repeated movements.

Key Knowledge

Balancing



Rolling



pin roll / egg roll / forward roll

Travelling



Gymnastics

Gymnastics is a sport that includes exercises requiring balance, strength, flexibility, agility, coordination, and endurance. The movements involved in gymnastics contribute to the development of the arms, legs, shoulders, back, chest, and abdominal muscle groups. Elite gymnasts compete at the Olympics, Commonwealth Games, Worlds and European Championships.

Different types of gymnastics:

- Artistic
- Rhythmic
- Trampoline
- Acrobatics
- Aerobic
- Parkour
- Tumbling