



**Physical Education – Spring 2 - Cycle B 2023/24 – Class 3 – Y3/4 Gymnastics Activities 2**

<p><b>Substantive Knowledge (NC)</b>          Develop flexibility, strength, technique, control and balance.          Compare their performances with previous ones and demonstrate improvement to achieve their personal best.  <b>Character</b>          Evaluation - To recognise strengths and areas for improvement in a partner's performance.          Courage - To try new experiences through travelling and balancing on the apparatus. To control my fears when jumping from a height.</p>	<p><b>Markers for Assessment</b>          Can compare and improve their performances.           Can try new experiences.           Can control personal fears when jumping from a height.</p>	<p align="center"><b>Below</b></p>	<p align="center"><b>Above</b></p>
<p><b>Disciplinary Knowledge</b>          To adapt and demonstrate a gymnastic sequence of at least six actions using travelling, rolling, jumping and balancing on small body parts with a change of direction and speed.          To show different travelling and balancing actions using the apparatus.          To use the apparatus to perform jumping actions.          To evaluate successful transitions between actions.          To use the apparatus to perform rolling actions.          To demonstrate successful transitions between travelling, balancing on small body parts, jumping and rolling.  <b>Y3 Skills for assessment</b>  <b>Y4 plus ALL Y3 Assessment markers</b></p>	<p><b>Markers for Assessment</b>          Begin to perform a gymnastic sequence with a travel, roll, jump, balance, change of direction &amp; change of speed.           Can perform a gymnastic sequence with at least 6 actions – travel, roll, jump, balance, change of direction, change of speed.           Can begin to demonstrate successful transitions between actions.</p>	<p align="center"><b>Below</b></p>	<p align="center"><b>Above</b></p>
<p><b>Prior Substantive Knowledge</b>          Y3/4 Gymnastic Activities 1</p>	<p><b>Vocabulary</b>          Smooth, extension, speed, travel, jump, land, create, evaluate, success, smooth transition</p>		
<p><b>Prior Disciplinary Knowledge</b>          Y3/4 Gymnastic Activities 1</p>			
<p><b>Questions (potential 'hook' questions for lessons)</b>          How did you change the direction of your sequence?          How can you change the speed of your movements?          Why is it important to recognise what was good about a performance?          How can praising another help their performance?</p>	<p><b>Cross-Curricular/Enrichment</b>  <b>ENGLISH</b>          Speaking and listening – communicating effectively  <b>Diamond 9</b>          collaboration, challenge, resilient</p>		