



All Saints CE Primary School and Nursery Medium Term Planning

Class teacher: Faye Cooke Year group: 3 Term: Spring 1

Subject: PE 1 - Gymnastics



British Values

Lesson	Learning Goal (L.G.)	Brief outline of lesson content (or where this can be found/unit found in, if for example it is a published scheme such as Science, Kapow French or Music, Purple Mash computing)	Key Vocabulary covered
1	I can show full extension during a balance.	PE Hub - Gymnastics Unit 1 - Lesson 1	Fluency, contrasting, unison, low, combinations, full turn, half-turn, sustained, explosive, power, control, group, similar, different
2	Move in and out of contrasting shapes with fluency	PE Hub - Gymnastics Unit 1 - Lesson 2	
3	Perform a sequence using different types of roll Respect & Tolerance	PE Hub - Gymnastics Unit 1 - Lesson 3	
4	Perform powerful jumps from low apparatus	PE Hub - Gymnastics Unit 1 - Lesson 4	
5	Perform in unison with a partner Respect & Tolerance	PE Hub - Gymnastics Unit 1 - Lesson 5	
6	Create a group performance using contrasting actions Respect & Tolerance	PE Hub - Gymnastics Unit 1 - Lesson 6	

