

Year 3: Gymnastics – Spring 2022

I am practising the dish. I am pointing my fingers and my toes.



In their gymnastics lessons, Year 3 developed their flexibility, strength, control and balance. They looked at the '9 Key Shapes' including the star, dish, pike and the straddle. Once they had mastered these skills, they combined the actions to make sequences with changes of speed, level and direction.

At the end of the gymnastics unit, Year 3 were invited to a gymnastic festival at AAA Sports in Southwick. The children were offered the opportunity to experience a carousel of activities which included equipment such as the beam, bar and trampoline. The festival focussed on different balances, movement and landings and the children thoroughly enjoyed using all of the specialist equipment to try out some new skills, building on the skills previously taught in school.



I am carefully balancing on the beam.

