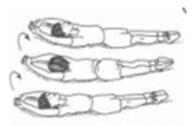
P.E. Year 3 Spring 1

Focus Themes: Inequality and Significance

Key Knowledge and Concepts

Types of roll:

Sideways roll—straight



Sideways roll—tucked



Teddy bear roll



Word	Definition
Flight/jumping	When the body is in the air and not touching the floor or any equipment.
Trestle table	
Five foot patterns	2 feet to 2 feet—most used jump in gymnastics, used for getting on and off of equipment. 2 feet to 1 foot. 1 foot to 2 feet. 1 foot to the other (leap) 1 foot to the same foot (hop)

Health and safety

When performing a forward roll, tuck head into chest to keep a curve in the spine.

Do not place any weight on head or neck.

Mats indicate a dismount area. Replace mat if it moves during dismount.

