

# Year 3 – Gymnastics – Symmetry and Asymmetry

## What it looked like last year...

- Develop balance, agility and co-ordination
- Master basic movement skills

## What it looks like next year...

- Explore movements and balances creating bridges.
- Move over and under others' balances
- Develop a sequence using individual and pair balances.

## Vocabulary (Definitions)

**Balance**

**Travel**

**Movement**

**Sequence** (a few movements linked together)

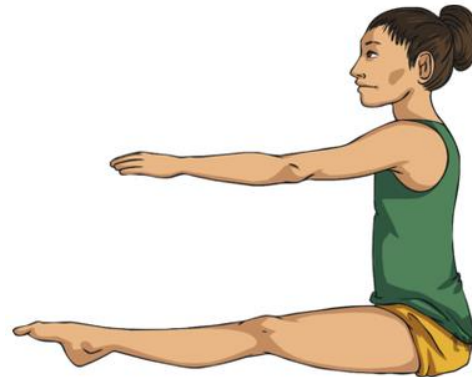
**Symmetrical** (the same both sides)

**Asymmetrical** (not the same both sides)

**Apparatus** (equipment such as a bench)

**Flow** (movements link smoothly)

**Extension** (lengthening the body, arms and legs)



## Sequence of Learning

1. **Introduction to symmetry** (I can move symmetrically).
2. **Introduction to asymmetry** (I can move asymmetrically).
3. **Application of symmetrical and asymmetrical learning onto apparatus** (I can create symmetrical and asymmetrical balances on apparatus).
4. **Sequence formation** (I can create a sequence using symmetrical and asymmetrical balances on apparatus).
5. **Sequence completion** (I can complete my sequence, showing excellent gymnastics).
6. **Performance** (I can perform my finished sequence).



## Cultural Capital

- I am able to create a short sequence using travel and balances.
- The real life knowledge that links is: body control, collaboration and teamwork, shape and symmetry.
- The jobs it can be used in are: professional athlete, fitness instructor, sports coach.