



# Knowledge Organiser KS3 PE

	Skills	Fitness	Rules
<b>Year</b>	<p>In gymnastics you need to be able to travel through space under control.            You will learn forward roll, backward roll, log roll and teddy bear roll.            You will learn handstands, headstands and cartwheels.            You will learn how to hold different balances such as arabesque.            You will learn different types of leaps.            You will learn how to through vault, straddle vault and thieves leap.</p>	<p>In order to take part effectively in gymnastics you need to have good balance, coordination and flexibility. Muscular endurance to complete a routine and also the strength and power to complete some manoeuvres</p>	<p>Key safety rules in gymnastics are:            Always follow staff instructions on setting up and putting away equipment.            When performing bare feet, hair tied up and jewellery off.            Follow staff instructions carefully especially when learning new skills.            Pay full attention when spotting in vaulting.</p>
<b>KS3</b>			
<b>Activity</b>			
<b>Gymnastics</b>			
	Roles		
	<p>Students are expected to be performers as well as spotters (in vaulting mainly) Students are also expected to help each other master skills and create routines.</p>		