
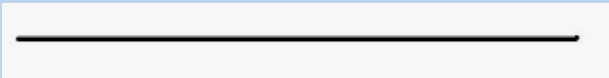





PE	Y3 – Travelling Skills - KLP	
Skills	Crucial Knowledge	Concepts & Vocabulary
<p>Pathways</p>     	<p>I know that warming up before my gymnastics lesson helps to prepare my body for movement and increases my heart rate, which helps to pump blood to my muscles.</p>	<p>Concepts</p> <ul style="list-style-type: none"> To build, develop and demonstrate resilience To develop a lifelong love of physical activity <p>Vocabulary</p> <p>Pathway Zigzag Curved Straight Pivot turn Sequence Movements Assessment</p>
	<p>I know that pathways are patterns of movement that a gymnast follows whilst performing a travelling movement.</p>	
	<p>I can move along 3 different pathways (using the floor and low-level apparatus) showing control and coordination: straight, curved and zigzag.</p>	
	<p>I can use a variety of controlled travelling movements (using the floor and low-level apparatus) including: walking, tiptoeing, hopscotch, bear crawl, side stepping and skipping.</p>	
	<p>I can perform a pivot turn on one foot to change direction along a pathway.</p>	
	<p>I can perform a gymnastics routine, moving along different pathways, showing a variety of travelling movements, including a pivot turn, using the floor and low-level apparatus.</p>	<p>Declarative knowledge</p> <p>Pathways are a pattern of movements that a gymnast follows whilst performing a travelling movement. Travelling movements should be controlled and show an awareness of body parts.</p> <p>A pivot turn is a controlled turn, performed on one foot. Pivot turns can be used to link movements.</p>

