



Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

PE: Year 3 Gymnastics & Dance

Types of Rolls in Gymnastics

Forward roll



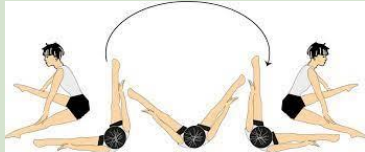
Backwards roll



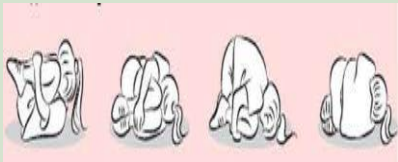
Pencil roll



Teddy bear roll



Ball Roll



Key Skills

To apply my skills on the floor and on apparatus.

To develop different types of rolls.

To develop the pike, straddle, tuck, star jump and turn jump.

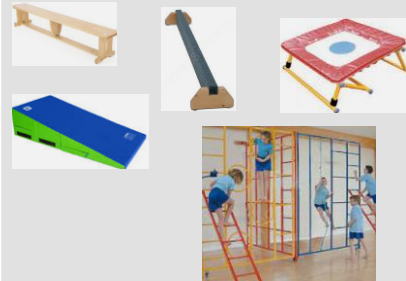
To explore and perform a range of actions individually or with a partner, showing good body control and fluency.

To create short movement phrases with a simple structure.

To perform with expression and rhythm on my own and with others.

Equipment/apparatus

Benches
Beams
Table
Trampoline
Mats
Wedge mat
Climbing frame



Key Vocabulary

Floor	A gymnastics performance completed using the floor to perform the routine.	✓
Apparatus	The equipment used during gymnastics lessons.	
Forwards Roll	A gymnastic movement in which the body is turned heels over head.	
Backwards Roll	A gymnastic roll that is performed with the feet going first and the rest of the body and the head following.	
Pencil Roll	The pencil roll is with the hands stretched above the head.	
Teddy Bear Roll	Roll sideways across your back and shoulder. Finish in a straddle shape facing in the opposite direction from where you started.	
Ball Roll	Tuck their legs into their chest and hold them steady with their arms. The roll starts on their knees, and then they push with their elbows and knees to roll onto their side, and all the way over back to their knees.	

Types of Gym & Dance

Artistic rhythmic trampolining



Modern Dance



Street Dance



Contemporary Dance

