

## Gymnastics

### What I should already know?

- Be able to copy and explore basic movements with some control and coordination.
- Be able to perform different body shapes.
- Be able to perform a 2 footed jump.
- Be able to use equipment safely.
- Be able to balance with some control.

### What I will learn next?

- Copies, explores and remembers a variety of movements and uses these to create their own sequence.
- Uses turns whilst travelling in a variety of ways.
- Describes their own work using simple gym vocabulary.

### What I will learn?

- I can explore and create different pathways or patterns of movement.
- I can use equipment in a variety of ways to create a gymnastic sequence.
- I can link movements together to create a sequence.
- I can link movements and balances together, applying champion gymnastics criteria, on the floor and on apparatus.
- I can learn how to work safely with others.

#### Equipment:

Mats  
Benches  
Boxes  
Frames

### Key Vocabulary

|              |   |
|--------------|---|
| Balance      | An even distribution of weight enabling someone or something to remain upright or steady.   |
| Apparatus    | The equipment needed for a particular activity or purpose.                                  |
| Sequence     | A particular order in which related things follow each other.                               |
| Skill        | A gymnastics skill is a single move or position.  |
| Mount        | A mount is the skill needed to get on a piece of apparatus such as balance beams and boxes. |
| Balance beam | A piece of gymnastics equipment.  |
| Landing      | The correct position to safely end a jump.  |

## Shapes

Straight Tuck Straddle



## Jumps

All jumps should end in the landing shape.

Straight, tuck, star, straddle and half turn to be performed.



## Balances



### Inspire me!

Did you know... that the youngest gymnast to compete at an Olympic Games was 10 year old Dimitrios Loundras. She competed at the 1986 Olympic games in Athens and won a bronze medal.