



# GYMNASTICS

This term, we will be looking at developing individual and partner balances, before developing our jumping and rolling skills. We will then create a sequence with a partner, using apparatus.

What happens to our bodies when we exercise?

Exercising helps us to stay healthy, increases my heart rate and can help improve my mental health. A range of muscles are used in gymnastics such as: the torso and the core muscles.

Inspirational sportsperson:

Max Whitlock



Max has won 3 Olympic gold medals and 3 bronze medals competing in the all-around event, floor and pommel horse. He made history in Rio 2016 when he won Britain's first all around Gold in 108 years!

## School Values



The six School Games values are: **Determination**, **Passion**, **Respect**, **Honesty**, **Self-Belief** and **Teamwork**, which were designed to reflect the 'spirit' of the School Games. We encourage all children to adopt and demonstrate the 'Spirit of the Games' in all PE lessons and sporting events we attend.

## How can I improve a sequence?

**Levels:** Use a variety of levels. Can you explore that balance, shape, jump on a different level?

**Action:** Include a variety of actions including a balance, jump, shape and travel.

**Direction:** Vary the direction used in a sequence (sideways, backwards, forwards etc)

**Pathway:** Change the pathway used e.g straight, L shaped, diagonal etc.

**Body tension:** squeeze your muscles to create and hold strong, clear shapes. Try to hold them for between 3-5 seconds.

## Key Skills: Physical

- Individual and partner balances
- Jumps using rotation
- Straight roll
- Barrel roll
- Forward roll
- Straddle roll
- Bridge
- Shoulder stand

## Key Skills: S.E.T

- Social: Responsibility
- Social: Collaboration
- Social: Communication
- Social: Respect
- Emotional: Confidence
- Thinking: Observing and providing feedback
- Thinking: Selecting and applying actions
- Thinking: Evaluating and improving sequences



## Key vocabulary:

**Technique:** There are many techniques used in gymnastics such as rolls, splits and straddles.

**Inverted:** Holding a position upside down e.g the bridge.

**Extension:** Keeping your body (arms, legs, fingers etc) as straight as possible, with toes pointed.

**Sequence:** A number of actions linked together