



Gymnastics



Developing Movement

WHAT can my body do?

BALANCE, TRAVEL, SHAPE, ROLL, JUMP and TURN

WHERE can my body move?

DIRECTION forward, backward, sideways, diagonally, up, down
PATHWAY straight, curved, zigzag, spiral
SPACE general, personal
LEVEL high, low

HOW can my body move?

PATTERN
IN UNISON moving at the same time as partner or group
IN CANON performing the same movement one after the other

WHO/WHAT is involved?

PEOPLE on own, with partner, small group, whole group
PROPS ropes, beanbags, balls, hoops, etc.
APPARATUS mats, beams, movement tables, trestles, A-frames, ladders, benches, bird perches, climbing frames, bars, springboards, box tops, etc.

School Games 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.

Key Words

Fluency - Being capable to move effortlessly and smooth with ease once mastered a skill/technique.

Body Awareness - Being in control of where and how the body is moving at any one time.

Body Tension - A force tending to straighten or elongate something.

Balance - The ability to move or to remain in a position without losing control or falling.

Control - To exercise authority or a dominating influence over something.

Aesthetics - An artistically beautiful or pleasing appearance.

Centre of Gravity - The place in a system or body where the weight is evenly dispersed and all sides are in balance.

STEP

SPACE

Level (height) – high, medium, low.
Direction – forwards, backwards, sideways, up, down
Pathways – straight, diagonal, curved, zigzag, circular
Personal / General – in, out, over, under, cross, around, towards, away from
Area – bigger/smaller, free/defined, different starting points
Distance – short, medium, long

TASK

Roles – allocate specific roles or rotate
Actions – more/less, specific/free choice, order, single/combined, different body parts, sides of body, starting/finishing positions.
Dynamics – vary speed, canon/unison, mirror, match

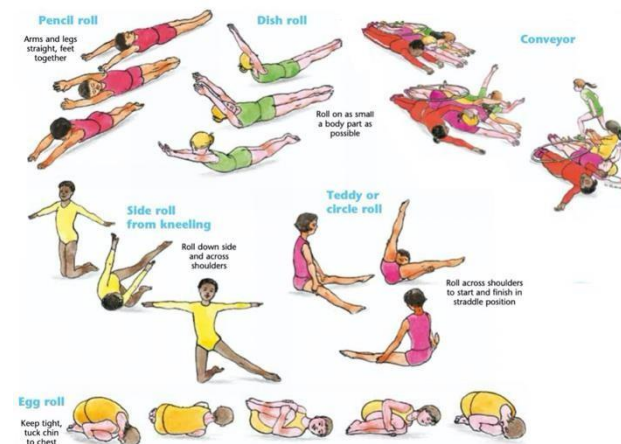
EQUIPMENT

By Type – balls, rubber lines, hands, feet, ropes, beanbags, hoops, bench, mats, beams, tables, trestles, ladders, poles, climbing apparatus.
By Varying – size, shape, surface, height, gradient/angle

PEOPLE

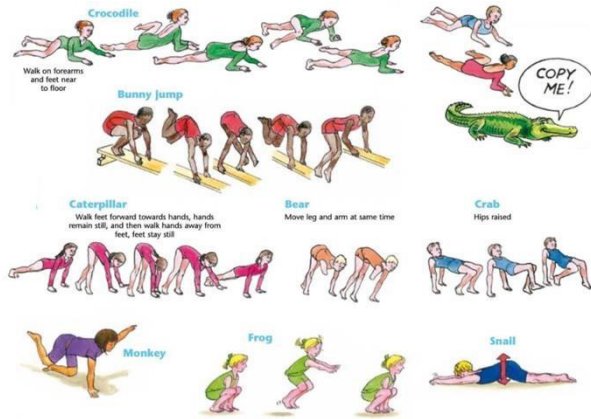
People Working – independently, in groups, in teams, with friends.
People With – different/same roles, different/same ability, different/same size.
People In – own space, big spaces, small spaces, restricted spaces, open space.

Types of Roll

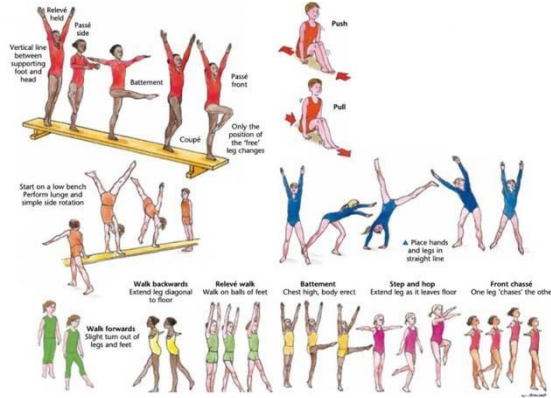




Travel



COPY ME!

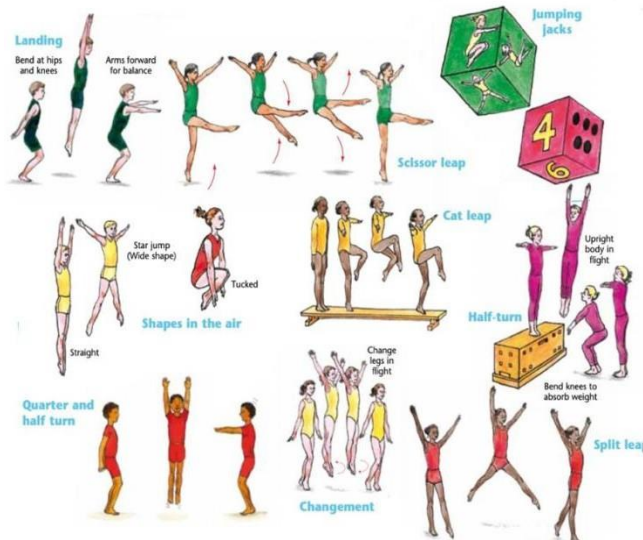


Interesting Facts

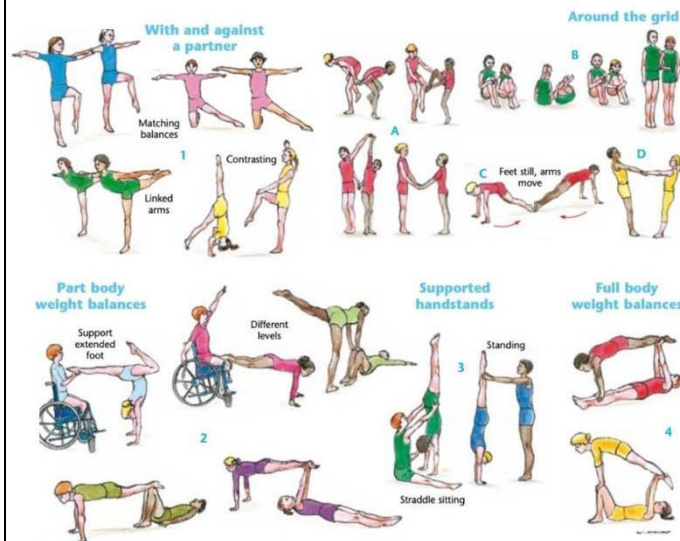
- The Ancient Greeks prepared their young men for war by doing gymnastics!
- Women weren't permitted to compete in gymnastic events until the 1920s.
- Acrobatic gymnastics, which were once referred to as Sport Acrobatics, are a group gymnastic sport for men and women.
- In the Olympics, only women can compete in the Balance Beam and Uneven Bars.
- Trampolining bounced into the Olympics in 2000.
- Gymnastics was officially established as a sport in 1862.
- Simone Biles is the world's best gymnast, with a combined total of 30 Olympic and World Championship medals.



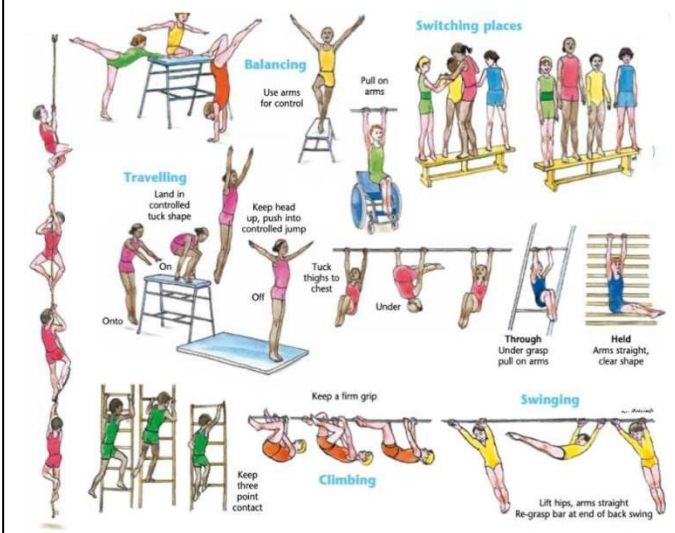
Jumping



Working with a Partner



Using Equipment



- Physical activity keeps the body strong and healthy and improves mental health by decreasing depression, anxiety, pain and loneliness.
- Physical activity also improves focus, school performance, sleep and energy levels.
- Those who undertake regular physical activity enjoy improved relationships and a more positive body image.
- Regular physical activity helps your movement skills. It also, of course, helps bones become stronger and helps build a healthy heart and stronger muscles. Physical activity also helps your child keep a healthy body weight.