

Things I already know

I know how to travel in different ways using control on 4 points.

I know how to show balances with stillness on 1, 2, 3 and 4 points of the body.

I know how to demonstrate jumping and landing safely.

Key Facts

- Gymnastics helps to support your coordination and balance.
- The most common skills in gymnastics is a Hand Stand.
- Gymnasts wear something called a Leotard.
- Gymnastics develops strong bones and overall health.
- Did you know that gymnastics began in Germany in the 1800's?

Key Vocabulary

Actions (what)- Jump, roll, travel and balance.

Space (where)- Forwards, backwards, diagonal, straight, low, middle and high.

Dynamic (how)- Fast, slow, sudden, sharp, delicate, smooth, relaxed, light and heavy.

Relationships (with people and/or space)- Solo, duet, trio, mirrored, shapes, on the spot, lines and canon.

Questions I can answer

Am I able to create and demonstrate to an audience a routine I created using the gymnastic actions- jump, roll, travel and balance?

Am I able to work independently and as a team?

Significant people



Max Whitlock- Olympic British Gymnast

FRUITS

Faith – How different cultures and religions come together and compete.

Relationships – Working together as a team.

Uniqueness – Each gymnast has their own unique style.

Intellect – How we use our knowledge to create a sequence.

Treat Others with Respect – Show respect while watching other children's sequences.

Salvation – Understanding that it's okay if you fall, just know to get back up and keep going.