

What should I already know?

- How to show a variety of shapes.
- How to land with safety and control.
- Show quality and control with balances and shapes

Gems of Knowledge

Procedural Knowledge -

Perform actions changing speed, direction and level.
Develop flexibility, control, balance, coordination, agility and strength.
Perform a turn in the air whilst jumping.

Declarative Knowledge

- Identify what I need to do to improve my performance.
- How to create a sequence with a clear beginning, middle and end.
- Understand that gymnastics



Great Gymnasts!



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FOCUS - Creating sequences of movement

Vocabulary

Control -
Being in charge of how you move and performing actions carefully.



Sequence -
Linking shapes and movements together with a beginning, middle and end.



Agility -
Being able to stop and change direction when moving.



Coordination -
Using different parts of your body at the same time.



Flexibility
Muscles and joints moving with ease.



Balance -
Holding your body in one position for more than 3 seconds.

