

P.E. - Gymnastics

Please help your child with their learning by going through this fact sheet with them. They will be quizzed on this at the end of half term. We appreciate your support.

Before starting a gymnastics session, you must do a cardio warm up with stretches of key muscles.

The key component of most gymnastics routines is Balance.

Log rolls would be practised in gymnastics lessons.

The starting position in a forward roll will include you placing your feet, hands and then your head on the ground.

In a gymnastics routine you can hop and skip.

At the end of a routine, a gymnast should present.

A straddle jump would be appropriate to include in a gymnastics routine.



A balancing beam is an example of the type of apparatus that you might perform balances on.

The term, 'vary speed' means to change the pace of your movements to suit each part (slow and fast).

In a backward roll, the hands and arms should support the majority of the body weight to prevent any damage to the neck.

Key Vocabulary

- **Cat Leap Full Turn** - a cat leap movement in which the gymnast turns 360 degrees in the air.
- **Dive Forward Roll** - a forward roll performed after first jumping from two feet onto the hands, then controlling the weight of the body through the arms to transition into the roll.
- **Hurdle Step** - a movement used to help a gymnast to get into the correct lunge position for take off, prior to performing a tumbling skill, such as a cartwheel or round-off.
- **Lunge** - position in which the upper body remains upright, while one leg is bent at the knee and placed forward in front of the body. The other leg is positioned straight and behind the body.