

Gymnastics – Balances

Keywords

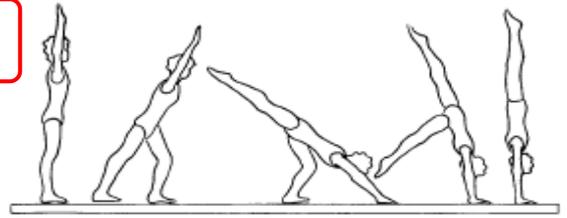
Determination	Enjoyment
Routine	Fluency
Control	Balance
Movement	Safety
Roll	Floor
Mood	Grace/Beauty

Can you think of anymore?

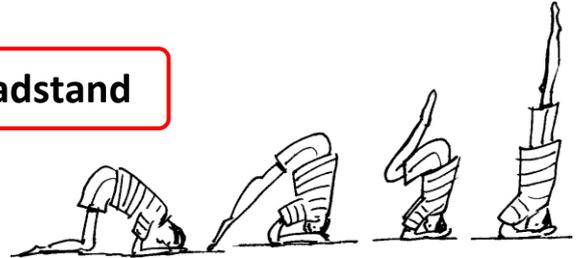


Performance	Can attempt to balance on 2 points
	Can take weight onto hands
	Can get into a simple balance and hold it
	Can balance in 1 point with control
Analysing Performance	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
Select and Apply	Can perform balances in isolation
	Can link 2 balances together
	Can select an appropriate balance in relation to partner
	Uses more complex balances in a routine
Health Related Fitness	Explains what exercise is
	Can describe how you feel during exercise
	Knows why exercise is good for us
	Can begin to warm up independently

Handstand



Headstand



Arabesque

Shoulder Stand

Can you think and perform any other balances?

Core Task:

Can you develop a paired routine including the following gymnastic moves?

- 3 different rolls
- 3 different balances
- A range of jumps and turns
- Mirror/Matching
- Use of levels and changes in speed
- 2 pieces of apparatus

Gymnastics – Rolls

Keywords

Determination	Enjoyment
Balance	Routine
Control	Balance
Safety	Preparation
Roll	Floor
Linking	Mirror/Matching

Can you think of anymore?



Forward Roll



Backward Roll



Cartwheel



Can you think and perform any other rolls?

Performance	Can attempt to throw roll
	Can throw the roll with some control
	Can roll to kneeling position
	Can roll into standing position
Analysing Performance	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
Select and Apply	Can perform simple rotation moves
	Understands rolling technique
	Can link rolls together
	Uses more complex rolls in a paired routine
Health Related Fitness	Explains what exercise is
	Can describe how you feel during exercise
	Knows why exercise is good for us
	Can begin to warm up independently

Core Task:

Can you develop a paired routine including the following gymnastic moves?

- 2 different rolls
- 3 different balances
- Connecting moves (i.e. turns, jumps)
- Use of mirror and matching
- Use of levels and changes in speed

What apparatus could you use?