

Gymnastics Balance and Control with Leo the Lion

Learning objective: To understand the importance of core strength, body tension, and controlled movement in gymnastics sequences.

Leo the Lion is practising his gymnastics routine! Look at the list of positions and movements below. Your task is to sort them into two categories: 'Static Balances' (where you hold still) and 'Dynamic Movements' (where you are moving). Then, describe how you would use your muscles to stay safe and steady.

Word bank: Tucked jump · V-sit balance · Forward roll · Arabesque · Cartwheel · Stretched jump · Pike sit · Log roll

1. Sort the word bank items into the correct table columns: Static Balances vs Dynamic Movements. (4 marks)

2. Why is it important to keep your 'core' muscles tight when performing an Arabesque? (2 marks)

3. If you were performing a 'tucked jump', describe the position of your body while you are in the air. (2 marks)

4. What does a 'controlled' landing look like in gymnastics? Think about your feet, knees, and arms. (2 marks)

5. Leo needs to create a sequence. If he moves from a 'log roll' into a 'V-sit balance', what must he do to make sure he doesn't wobble? (2 marks)

Draw: Draw a picture of Leo the Lion performing a 'V-sit balance'. Remember to show his arms stretched out towards his toes and his back straight!



Extension challenge: Create your own 4-part gymnastics routine using two static balances and two dynamic movements from the list. Write down the order you would perform them in and explain how you will transition smoothly between them.