

# Gymnastics Skills Flashcards with Max the Monkey

*Learning objective: To identify and understand key movements, balances, and safety principles in Year 4 gymnastics.*

Read the front of the card to test your knowledge. Flip it over (or read the answer) to check if you are right. Max the Monkey says: 'Remember to warm up your muscles before you start!'

**What is a 'balance' in gymnastics?**

A position where you hold your body steady and still for a count of three or more.

**What does 'extension' mean when performing a move?**

Stretching your limbs out fully, such as pointing your toes or straightening your arms.

**Why is 'tension' important in a gymnastic shape?**

It means keeping your muscles firm and engaged so your body looks strong and tidy.

**What is a 'sequence' in a gymnastics routine?**

A series of different movements, balances, and travels linked together in a specific order.

**How should you land after a jump?**

With your feet shoulder-width apart, knees slightly bent, and arms out for balance to absorb the impact.

**What is the 'core' and why do gymnasts use it?**

The muscles in your tummy and back; they help you stay upright and keep your balance.

**What are 'travel' movements?**

Ways of moving across the floor, such as rolling, skipping, hopping, or sliding.

**What is 'apparatus' in a gymnastics setting?**

The equipment used for gymnastics, such as floor mats, benches, or bars.

**Why is 'control' vital when moving from one balance to another?**

It ensures you move with grace and safety rather than rushing or wobbling.

**What does it mean to have 'smooth' transitions?**

Connecting your moves together fluidly so there are no jerky stops or pauses between them.

**Max the Monkey is performing a tuck jump. What should he do with his knees?**

Bring his knees up towards his chest while in the air.

**What is the most important rule before starting any gymnastic activity?**

To warm up your body and clear the space of any obstacles to stay safe.