

Class 4 Gymnastics Knowledge Assessment

Learning objective: To demonstrate understanding of safety, body control, balance, and sequence composition in gymnastics.

Read each question carefully. Use the word bank to help you with your answers. Ensure your explanations are clear and use correct terminology.

Max the monkey is preparing for a gymnastics display. He knows that being a good gymnast is not just about moving quickly; it is about having steady control, keeping his muscles engaged, and following safety rules to keep himself and his friends safe.

Word bank: balance · sequence · core strength · tension · travel · landing · control · flexibility · apparatus · safety

1. Why is it important to warm up your muscles before starting a gymnastics session? Give two reasons. (2 marks)

2. Max is performing a balance on one leg. Explain how using 'core strength' helps him stay upright. (2 marks)

3. Describe the three main stages of a high-quality jump: the take-off, the flight, and the landing. (3 marks)

4. What does 'tension' mean in gymnastics, and why is it important when holding a shape like a star or a tuck? (2 marks)

5. Max wants to create a sequence. Define what a 'sequence' is in gymnastics and list three different actions he could include to make it interesting. (4 marks)

6. Explain the importance of 'safety' when working with apparatus (like mats or benches). Mention two things you must check before you begin your routine. (4 marks)

7. Max is designing a routine. Write a 5-mark extended response describing a 4-part sequence you would create. Include how you would move from one action to the next, how you would show control, and how you would finish your performance. (5 marks)

8. If Max buys a new gymnastics mat for £15.50 and a set of ribbons for £9.25, how much does he spend in total? (3 marks)

Draw: Draw a stick-figure diagram of a gymnast performing a 'tuck' balance, ensuring their core is engaged and their limbs are positioned with clear tension.



Extension challenge: Total: /25. Challenge: Research one famous gymnast from history and write two sentences about their greatest achievement in the sport.