

Gymnastics Skills Flashcards with Max the Monkey

Learning objective: To identify and understand key movements, balances, and safety principles in Class 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.