

Gymnastics Gymnasts' Challenge

Learning objective: To recall and apply knowledge of gymnastics shapes, safety, and balance techniques suitable for Year 4.

Join Leo the Lion as he practices his balance and flexibility! Read each question carefully and choose the best answer to show off your gymnastics knowledge.

Answer Key: 1.C, 2.True, 3.Tuck, 4.B, 5.False, 6.Toes (or feet), 7.B, 8.True, 9.Sequence, 10.A. Gymnastics is about control, safety, and rhythm.

Word bank: balance · tuck · stretch · sequence · landing · core · point · apparatus

1. 1. Which shape involves pulling your knees into your chest? A) Star B) Dish C) Tuck* D) Pike (1 mark)

2. 2. True or False: You should always check the space around you is clear before you start moving. (True/False) (1 mark)

3. 3. What is the name of the tight shape where your body lies flat on the floor with your shoulders and legs slightly raised? (1 mark)

4. 4. When performing a floor routine, what is the best way to land a jump? A) On straight legs B) With soft, bent knees* C) On your heels D) Landing on your hands (1 mark)

5. 5. True or False: It is safe to practice gymnastics while wearing loose jewellery or watches. (True/False) (1 mark)

6. 6. When stretching your legs, what should you do with your feet to make your lines look neat? (1 word answer) (1 mark)

7. 7. Which of these is a piece of gymnastics equipment? A) A skipping rope B) A balance beam* C) A football D) A tennis racket (1 mark)

8. 8. True or False: A 'core' muscle strength helps you stay steady during a balance move. (True/False) (1 mark)

9. 9. What do we call a set of gymnastics movements performed one after the other in a specific order? (1 word answer) (1 mark)

10. 10. Why is 'control' important in gymnastics? A) To keep you safe and make movements look smooth* B) To go as fast as possible C) To make you tired D) To win money (1 mark)

Draw: Draw Leo the Lion performing a 'star shape' balance on a gymnastics mat. Make sure he is standing tall with his arms and legs stretched out wide!



Extension challenge: Leo the Lion wants to create a 4-step routine. Write down your own 4-step sequence using these movements: a stretch jump, a tuck balance, a log roll, and a finishing pose.