Max’s Gymnastics Masterclass: My Movement Plan

Learning objective: To plan and evaluate a sequence of gymnastic movements including balances, rolls, and traveling actions.

Max the monkey loves to find patterns in movement! Use this template to design your own gymnastics sequence. Remember to focus on control, balance, and the transitions between your moves. When you have finished, ask a partner to help you evaluate how you performed.

Word bank: sequence · balance · extension · control · transition · symmetry · stamina · precision · fluidity

1. The Opening Move: Describe your starting position and how you will begin your sequence. Remember to mention your posture and body tension. (2 marks)

2. The Middle Section: List two different balances you will perform. How will you move smoothly from the first balance to the second one? (3 marks)

3. The Traveling Action: Choose a way to move across the mat (e.g., a roll, a jump, or a cartwheel). Why did you choose this movement and how does it fit into your pattern? (2 marks)

4. The Grand Finale: Describe how you will finish your sequence. How will you show the audience that you have complete control at the end? (2 marks)

5. Self-Evaluation: Max wants to know how it went! What was the most difficult part of your sequence to perform, and how could you improve your control next time? (3 marks)

Extension challenge: Try to add a symmetry challenge to your sequence. Can you create a balance where your left side matches your right side perfectly? Describe how you would teach this to a friend.