

Gymnastics: Strength, Balance, and Control

Learning objective: To develop an understanding of gymnastic shapes, balances, and sequences by applying control and tension to body movements.

Read each question carefully and use your knowledge of gymnastics skills to answer. Use the word bank to help you with the correct terminology.

Word bank: tuck · pike · straddle · tension · sequence · core · symmetry · extension

1. Max is performing a floor routine. He needs to hold a balance where his legs are straight and together, pointing towards the ceiling, while his body is bent at the hips. Which gymnastic shape is he performing? (1 mark)

2. Explain why 'tension' is important when holding a balance like an arabesque or a scale. How does it help a gymnast? (2 marks)

3. Zara is designing a routine. She decides to link a forward roll, a tuck jump, and a stationary balance. What is the correct term for this series of linked movements? (1 mark)

4. Describe the difference between a 'tuck' shape and a 'straddle' shape. You may use a diagram if it helps your explanation. (2 marks)

5. If a gymnast is performing a routine and they begin to wobble, which part of their body should they focus on tightening to regain stability, and why? (2 marks)

Draw: Draw a stick figure representation of a sequence consisting of three different gymnastic shapes. Label each shape using the correct terminology from the word bank.



Extension challenge: Design a 4-part floor sequence using a roll, a jump, a balance, and a turn. Write your sequence down in a list and explain how you will show 'control' and 'extension' in each movement.