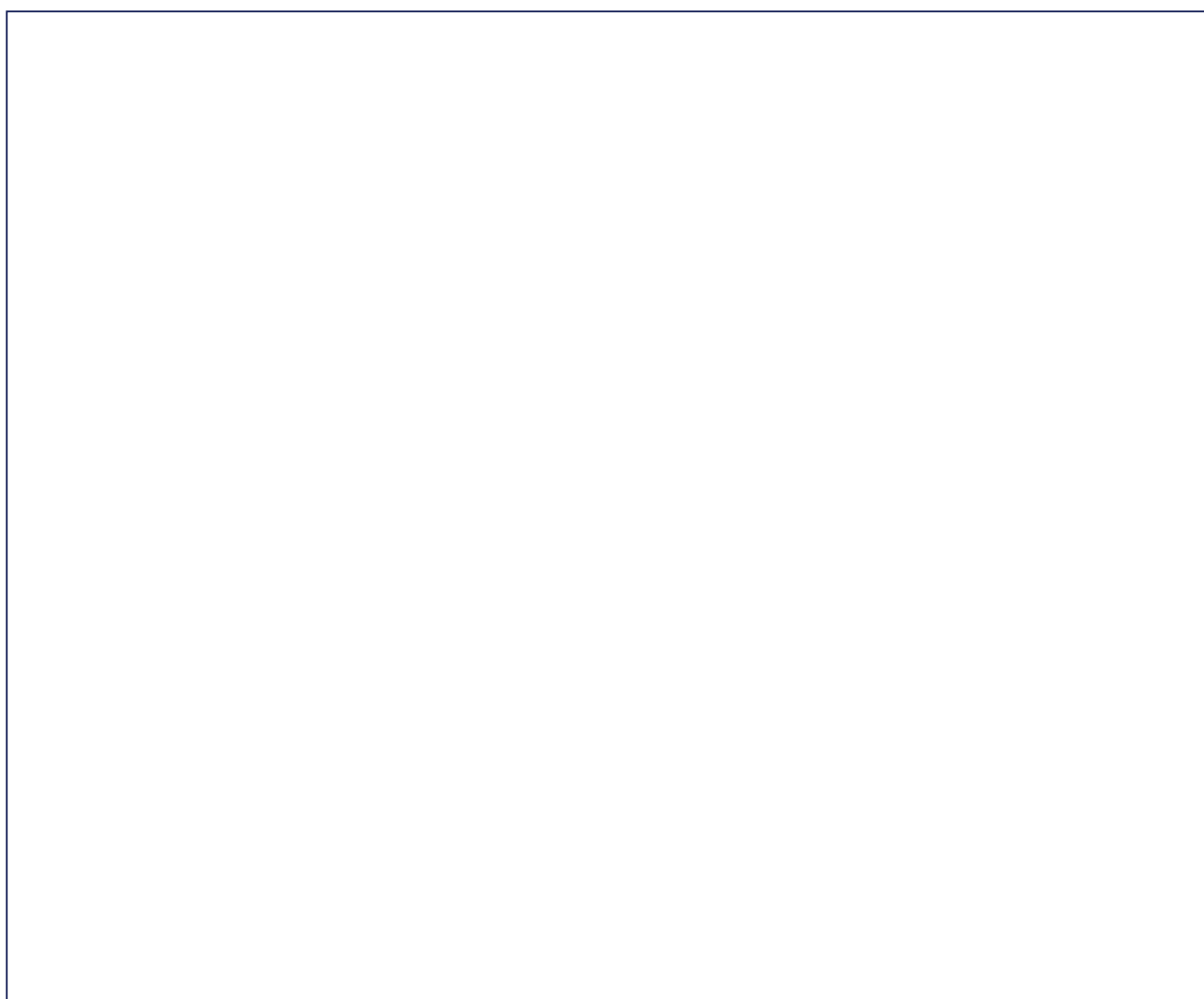


Gymnastics in Motion: The Art of Balance

Learning objective: To identify, describe, and illustrate the key body shapes and controlled movements used in gymnastics, exploring the importance of core strength and balance.

Follow the drawing prompts below to create a detailed scene featuring Max the monkey demonstrating his gymnastics routine. Use the word bank to label the different body positions and apparatus features in your diagram.

Draw: Draw a scene featuring Max the monkey performing a routine on a gymnastics balance beam. In the centre of the page, draw Max in a 'pike' shape, perched confidently on the beam. Use a clear, technical drawing style with clean lines. Include a safety mat underneath the beam. Add labels using the provided word bank to show the different parts of his body and the equipment. Ensure Max has a focused expression to show his concentration.



Label words: Tuck · Pike · Straddle · Extension · Core stability · Alignment · Balance beam · Mat

Steps:

1. Explain why 'core stability' is essential when a gymnast performs a balance on a narrow beam.
2. Compare and contrast a 'tuck' shape and a 'pike' shape. What is the main difference in the position of the legs?

3. Label your drawing to show where Max is using his core muscles to maintain his balance.
4. Justify your answer: Why is it safer to perform these movements on a mat rather than a hard floor?
5. What might happen to the gymnast's balance if they fail to keep their centre of gravity directly over the beam?
6. Describe the sequence of movements you would add to Max's routine if he were to transition from a tuck into a standing pose.