

Class 4 Gymnastics: Movement, Control, and Balance Assessment

Learning objective: To demonstrate knowledge of gymnastic shapes, sequences, and the importance of safety, control, and body tension.

Read each question carefully. Use your knowledge of gymnastics terminology to provide clear, detailed answers. Ensure your writing is neat and professional.

Max the monkey is preparing for the BookFlik Gymnastics Showcase. He knows that a successful routine requires more than just energy; it requires precision. Max focuses on holding his core muscles tight to maintain his balance during a handstand and ensures his transitions between shapes are smooth and controlled. Whether he is performing a tuck jump or a symmetrical floor shape, Max always prioritises safety and form.

Word bank: tuck · pike · straddle · balance · tension · sequence · transition · control · core · symmetry

1. Define the term 'tension' in the context of gymnastics. Why is it essential for a gymnast to maintain tension during a balance? (2 marks)

2. Compare and contrast a 'tuck' shape and a 'pike' shape. You may wish to describe the position of the legs and torso. (2 marks)

3. Max is creating a short sequence. He wants to move from a straddle stand into a floor balance. Explain why the 'transition' phase between these two movements is as important as the shapes themselves. (3 marks)

4. List three safety rules you must follow before beginning a gymnastics session in the school hall. (3 marks)

5. Explain why 'core strength' is considered the foundation of all gymnastic movements. What might happen to a gymnast's performance if their core was weak? (4 marks)

6. Justify why a gymnast might choose to include a symmetrical shape in their routine. How does symmetry affect the aesthetic quality of the performance? (3 marks)

7. Imagine you are designing a 4-part floor sequence. Describe your sequence, naming the shapes used and explaining how you will ensure a smooth, controlled flow between each movement. (5 marks) (5 marks)

Draw: In the space below, draw a stick figure diagram demonstrating a 'straddle' balance. Clearly label the points where the gymnast must apply 'tension' to remain stable.



Extension challenge: Critical Thinking Challenge: If you were to add music to a gymnastic routine, how would you adapt your movements to match the rhythm and tempo of the sound? Justify your choices.
Total: /25