

Max's Magnificent Gymnastics Challenge

Learning objective: To demonstrate knowledge of gymnastic shapes, balances, and safety protocols in line with Class 4 PE requirements.

Max the monkey is getting ready for his gymnastics routine! Read each question carefully and show off your knowledge of balance, control, and body tension. Good luck!

Answer Key: 1. A (Tension); 2. True; 3. Symmetry; 4. B (To keep the body stable); 5. False; 6. False; 7. Extension; 8. C (To show a clear beginning and end); 9. True; 10. Alignment.

Word bank: Tension · Sequence · Extension · Apparatus · Alignment · Composition

1. 1. What is the most important element for keeping your body firm and controlled during a balance? A) Tension* B) Relaxation C) Speed D) Stretching (1 mark)

2. 2. True or False: You should always check that the landing mat is flat and secure before performing a jump. (1 mark)

3. 3. If a shape looks the same on both sides of the body, what is this called? (1 word) (1 mark)

4. 4. Why do we use 'travel' in a routine? A) To get tired B) To link different balances and shapes together* C) To finish the routine quickly D) To show off our trainers (1 mark)

5. 5. True or False: It is perfectly safe to practise a new, difficult move without a teacher's supervision. (1 mark)

6. 6. True or False: A 'tuck' shape involves stretching your legs out as far as they can go. (1 mark)

7. 7. What is the term for reaching your limbs out as far as possible to create a long, graceful line? (1 word) (1 mark)

8. 8. Why is a 'stillness' at the start and end of a routine important? A) To save time B) Because it is easier C) To show control and focus* D) To let the audience talk (1 mark)

9. 9. True or False: Gymnastics requires core strength to help maintain balance. (1 mark)

10. 10. When performing a roll, keeping your spine straight and your body in a line is known as maintaining good _____. (1 word) (1 mark)

Draw: Draw a gymnast performing a 'star' shape. Label the points where the gymnast is using 'tension' to keep their limbs straight and wide.



Extension challenge: Greater Depth Challenge: 1. Explain why 'tension' is vital for a high-quality gymnastic performance. 2. Compare and contrast a 'tuck' shape and a 'pike' shape. 3. Justify why safety mats are essential in a school hall. 4. What might happen if a gymnast loses their alignment during a sequence? 5. If you were choreographing a routine, how would you use different levels (high, medium, low) to make it more interesting? 6. Design a 4-step sequence including a balance, a travel movement, a shape, and a roll, then describe how you would transition between them.