

Gymnastics Sequence Designer with Max the Monkey

Learning objective: To understand, plan, and sequence a series of gymnastic movements including balances, rolls, and jumps, demonstrating control and precision.

Max the Monkey loves to solve puzzles, and he thinks a gymnastics routine is just like a maths equation! Look at the movement categories in the word bank. Your task is to design a 6-step routine. You must choose one action from each category to create a balanced sequence: two balances, two jumps, and two rolls. Write your chosen actions in order in the questions section and explain why you chose that order for a smooth transition.

Word bank: Pencil Roll · Star Jump · Stork Balance · Forward Roll · Tuck Jump · Arabesque Balance

1. Step 1 & 2 (Balances): Choose two balances from the word bank. How will you keep your body steady? (2 marks)

2. Step 3 & 4 (Rolls): Choose two rolls. Why is it important to tuck your chin when performing a roll? (2 marks)

3. Step 5 & 6 (Jumps): Choose two jumps. Describe how you will land safely to ensure your sequence ends with control. (2 marks)

4. Reflect: If you performed this sequence to music, how would the speed of your movements change the 'feel' of the routine? (2 marks)

5. Challenge: Max suggests adding a 'transition' move between Step 2 and Step 3. What movement could connect a balance to a roll? (2 marks)

Draw: Draw a stick-figure storyboard showing your 6-step gymnastics routine in order, using arrows to show the direction of movement for your rolls and jumps.



Extension challenge: Research what 'tension' means in gymnastics. Write a short paragraph explaining why maintaining tension in your muscles makes a routine look more professional and keeps the gymnast safe.