

Class 5 Gymnastics Assessment: Balance, Control, and Sequences

Learning objective: To assess pupils' understanding of body tension, movement quality, and the principles of creating a balanced gymnastic sequence.

Read each question carefully. Use your knowledge of gymnastics terminology to provide clear, detailed answers. Write your responses in the spaces provided.

In gymnastics, a high-quality performance relies on more than just the difficulty of the moves. It requires perfect body tension, where muscles are engaged to create clean lines. Whether working on the floor or using apparatus, gymnasts must demonstrate control during transitions, ensuring that one move flows seamlessly into the next to create a polished sequence.

Word bank: Extension · Sequence · Tension · Counter-balance · Flight · Apparatus · Core strength · Precision · Symmetry

1. Explain why 'body tension' is important when performing a gymnastic shape like a star jump or a tuck jump. (2 marks)

2. Max the monkey is designing a sequence. He wants to include a 'transition'. Define what a transition is in gymnastics and give one example of how a gymnast might move from a balance to a roll. (3 marks)

3. Zara the zebra is creating a symmetrical sequence. What does it mean for a gymnastic shape to be symmetrical? (2 marks)

4. Describe two safety rules you must follow when using gymnastic apparatus, such as a vault or a beam. (4 marks)

5. Why is 'core strength' essential for holding a steady balance on one leg? Explain how your muscles work to keep you stable. (4 marks)

6. You are choreographing a 30-second sequence for a partner performance. Describe your sequence, including: 1) One individual balance, 2) One partner counter-balance, 3) A clear start and end position, and 4) How you will use different levels (high, medium, low). (5 marks)

7. List two ways you can improve your 'precision' during a routine. (2 marks)

8. If a gymnastics club charges £5.50 per session, how much would it cost for a child to attend 4 sessions? (3 marks)

Draw: In the box below, draw a stick figure performing a 'tucked' shape and a 'stretched' shape. Label which is which and draw an arrow to show where the tension is held.

Extension challenge: Total: /25