

Gymnastics Assessment: Moving with Control

Learning objective: To show understanding of balance, body tension, and safe movement in gymnastics.

Read each question carefully. Use the word bank to help you. Write your answers in the boxes provided.

Max the monkey is practising his gymnastics. He keeps his body firm to stay steady. He moves slowly to stay safe. He remembers to land softly on two feet.

Word bank: balance · tension · control · sequence · landing · mat · stretch

1. 1. Why is it important to use body tension when doing a balance? (2 marks) (2 marks)

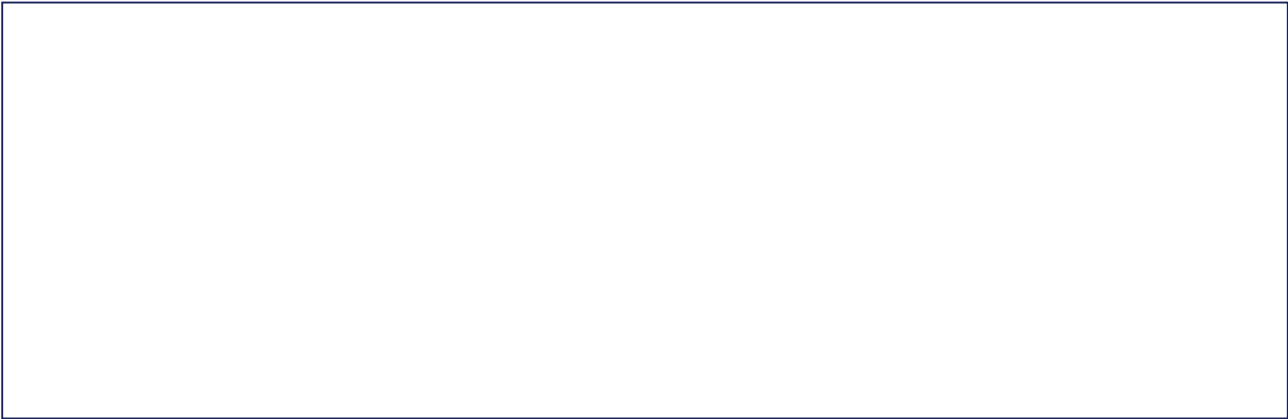
2. 2. Max is jumping. How should he land on the mat to stay safe? (2 marks) (2 marks)

3. 3. What is a 'sequence' in gymnastics? (3 marks) (3 marks)

4. 4. List two things you must do to keep safe during a gymnastics lesson. (4 marks) (4 marks)

5. 5. Think about a time you performed a balance. Describe how you made your body stay still. Use these sentence starters: I held my body... I looked at... I kept my... (5 marks) (5 marks)

Draw: Draw a picture of yourself performing a balance on a gym mat. Label your body parts that are showing good tension.



Extension challenge: Total: /25. Challenge: Write down two ways you could make your gymnastics sequence more interesting for an audience.