

Max's Gymnastics Challenge

Learning objective: To identify key movements, safety rules, and body control techniques in gymnastics.

Hello! Max the monkey here. I love using maths and shapes to move my body. Read each question carefully. Use the word bank to help you spell your answers. Good luck!

Answer Key: 1. A (mat), 2. True, 3. False, 4. B (tuck), 5. Balance, 6. True, 7. Control, 8. C (landing), 9. False, 10. Stretch.

Word bank: balance · mat · tuck · stretch · safety · landing · control

1. 1. What should you always use under your equipment to keep yourself safe? A) A mat* B) A rug C) A towel D) A blanket (1 mark)

2. 2. True or False: You should always listen to your teacher before you start moving. (1 mark)

3. 3. True or False: It is okay to try a difficult move without a teacher watching. (1 mark)

4. 4. Which shape means pulling your knees into your chest? A) Star B) Tuck* C) Long D) Flat (1 mark)

5. 5. What do you need to hold steady on one leg without wobbling? (One word answer) (1 mark)

6. 6. True or False: Keeping your core muscles tight helps you stay steady. (1 mark)

7. 7. When you move slowly and carefully, you are showing body _____. (1 mark)

8. 8. What is the most important part of finishing a jump? A) Shouting B) Running C) Landing* D) Sleeping (1 mark)

9. 9. True or False: You should run around the gym as fast as you can at all times. (1 mark)

10. 10. What should you do to your arms and legs to show a nice shape? (One word answer) (1 mark)

Draw: Draw a picture of Max the monkey performing a star shape on a gym mat._____



Extension challenge: Max wants to create a routine. Can you write down three movements you would put in a routine, like a stretch, a jump, and a balance?