

Gymnastics Performance Planner: My Sequence Design

Learning objective: To compose and refine a short gymnastics sequence using a range of movements, including jumps, balances, and rolls, whilst maintaining control and technique.

Use this planner to design your gymnastics sequence. Consider how Max the Monkey might use maths to ensure his routine is symmetrical. Think about how you can use different levels (high, medium, low) and transitions to make your performance flow smoothly. Once you have completed your plan, practise your sequence in the school hall.

Word bank: Symmetry · Tension · Transition · Extension · Sequence · Composition · Control · Level

1. Sequence Structure: List the three movements you have chosen to start, middle, and finish your routine. Explain why you chose these specific movements to ensure variety. (3 marks)

2. Using Levels: Describe how you will incorporate different levels (high, medium, and low) into your performance. Why is it important to use space effectively? (2 marks)

3. Symmetry and Balance: Max the Monkey loves patterns! Explain how you have used symmetry or asymmetry in your balances to create an aesthetically pleasing routine. (2 marks)

4. Transitions: Describe the 'link' movements you will use to travel between your main shapes. How do these help your sequence look like one flowing piece rather than separate parts? (2 marks)

5. Justification: Justify why you believe your chosen sequence demonstrates good control and tension. What specific parts of your body will you focus on to achieve this? (3 marks)

6. Comparison: Compare a static balance with a dynamic movement (like a roll). What are the main physical differences in how you must control your body for each? (3 marks)

Extension challenge: Challenge: If you were to add a partner to this routine, what might happen to the complexity of your sequence? Describe one way you could create a 'mirror' move with a partner and why that would be more difficult to perform than a solo routine.