

Max's Gymnastics Movement Log

Learning objective: To identify and describe different gymnastic movements and shapes using technical vocabulary.

Hello! I am Max the monkey. Gymnastics is like a maths puzzle for your body! Look at the movements you practised in the gym today. Use the word bank to help you describe how you moved and how your body felt. Fill in the boxes below to record your progress.

Word bank: balance · stretch · curl · tuck · steady · control · shape · landing · gymnast · movement

1. My favourite movement today was: (Describe the movement you did) (2 marks)

2. How did you keep your body steady? (Think about how you held your balance) (2 marks)

3. Describe your body shape: (Did you make a tuck, a stretch, or a curl?) (2 marks)

4. My landing: (Did you land softly? Was it a controlled stop?) (2 marks)

Extension challenge: Try to create a sequence of three different movements. Can you link them together smoothly?