

Gymnastics Performance Planner: Max's Movement Challenge

Learning objective: To plan, perform, and evaluate a sequence of gymnastic movements focusing on control, balance, and transition.

Max the monkey loves to turn everyday activities into maths puzzles! Use this template to design your own gymnastics routine. Think about how you can link your movements together smoothly. You will need to choose a balance, a travel movement, and a rotation to include in your sequence.

Word bank: tuck · pike · extension · alignment · transition · sequence · balance · composition · control

1. My Sequence Plan: List the three movements you have chosen for your routine (e.g., a balance, a jump, and a roll). Explain the order in which you will perform them. (2 marks)

2. The Transition: How will you move from your first movement to your second movement? Describe how you will keep your body controlled during this change. (2 marks)

3. Safety and Space: Max wants to ensure the gym is safe. List two things you must check before you begin your performance to ensure you have enough room and equipment safety. (2 marks)

4. Self-Evaluation: After practising your sequence, which movement did you find the most difficult to control? Why was it challenging? (3 marks)

5. Refining the Routine: How could you change your sequence to make it flow more smoothly, or to increase the level of difficulty? (3 marks)

Extension challenge: Try to add a 'level change' to your sequence—either start low and finish high, or start high and finish low—and write a sentence explaining how this changes the look of your routine.