

Gymnastics: Mastering Movement and Control

Learning objective: To understand the principles of body control, balance, and sequence building in gymnastics while applying safety techniques.

Read each question carefully and use your knowledge of movement, balance, and safety to provide detailed answers.

Word bank: tension · symmetry · asymmetry · sequence · counterbalance · extension · control

1. Max the monkey is practising a balance on one leg. Explain why 'tension' in the muscles is important for holding a steady pose in gymnastics. (2 marks)

2. Describe the difference between a symmetrical shape and an asymmetrical shape in a gymnastics routine. Give one example of each. (2 marks)

3. When creating a sequence of three movements (e.g., a roll, a balance, and a jump), why is it important to consider your transitions? How do you ensure your landings are safe? (2 marks)

4. You are helping a partner perform a counterbalance. What safety rules must you follow to ensure neither of you gets hurt? (2 marks)

5. If a gymnastics club charges £4.50 per session, and you attend a term of 12 sessions, what is the total cost? Show your working out. (2 marks)

Draw: Draw a stick-figure diagram of a three-part gymnastics sequence. Label your shapes as either 'symmetrical' or 'asymmetrical' and include arrows to show the direction of movement.



Extension challenge: Research and write down a list of four different 'points of contact' you could use when performing a group balance with a partner. Think about which parts of the body provide the most stability.