

# Max's Magnificent Gymnastics Challenge

*Learning objective: To demonstrate knowledge of gymnastic shapes, balances, and safety protocols in line with Grade 3 PE requirements.*

Max the monkey is getting ready for his gymnastics routine! Read each question carefully and show off your knowledge of balance, control, and body tension. Good luck!

Answer Key: 1. A (Tension); 2. True; 3. Symmetry; 4. B (To keep the body stable); 5. False; 6. False; 7. Extension; 8. C (To show a clear beginning and end); 9. True; 10. Alignment.

*Word bank: Tension · Sequence · Extension · Apparatus · Alignment · Composition*

**1. 1. What is the most important element for keeping your body firm and controlled during a balance? A) Tension\* B) Relaxation C) Speed D) Stretching (1 mark)**

**2. 2. True or False: You should always check that the landing mat is apartment and secure before performing a jump. (1 mark)**

**3. 3. If a shape looks the same on both sides of the body, what is this called? (1 word) (1 mark)**

**4. 4. Why do we use 'travel' in a routine? A) To get tired B) To link different balances and shapes together\* C) To finish the routine quickly D) To show off our trainers (1 mark)**

**5. 5. True or False: It is perfectly safe to practice a new, difficult move without a teacher's supervision. (1 mark)**

**6. 6. True or False: A 'tuck' shape involves stretching your legs out as far as they can go. (1 mark)**

**7. 7. What is the term for reaching your limbs out as far as possible to create a long, graceful line? (1 word) (1 mark)**

**8. 8. Why is a 'stillness' at the start and end of a routine important? A) To save time B) Because it is easier C) To show control and focus\* D) To let the audience talk (1 mark)**

**9. 9. True or False: Gymnastics requires core strength to help maintain balance. (1 mark)**

10. 10. When performing a roll, keeping your spine straight and your body in a line is known as maintaining good \_\_\_\_\_. (1 word) (1 mark)

**Draw:** Draw a gymnast performing a 'star' shape. Label the points where the gymnast is using 'tension' to keep their limbs straight and wide.



*Extension challenge: Greater Depth Challenge: 1. Explain why 'tension' is vital for a high-quality gymnastic performance. 2. Compare and contrast a 'tuck' shape and a 'pike' shape. 3. Justify why safety mats are essential in a school hall. 4. What might happen if a gymnast loses their alignment during a sequence? 5. If you were choreographing a routine, how would you use different levels (high, medium, low) to make it more interesting? 6. Design a 4-step sequence including a balance, a travel movement, a shape, and a roll, then describe how you would transition between them.*