

Gymnastics in Motion: The Art of Balance

Learning objective: To identify and demonstrate knowledge of gymnastic shapes and movements through drawing and labelling.

Follow the drawing prompt below to create a scene featuring Max the monkey practising his gymnastics routine. Use the word bank to label the key positions and body parts required for a balanced performance.

Draw: Draw a dynamic scene of Max the monkey on a gymnastics floor mat. In the center, draw Max performing a balanced pose (such as a scale or a controlled tuck). Use a clean, illustrative style. Include a clear background showing the gymnastics hall. Ensure Max's body shows 'extension' (pointed toes and straight arms). Label the parts of his body showing good form using words from the word bank.



Label words: Tuck shape · Pike shape · Straddle · Extension · Core strength · Alignment · Balance

Steps:

1. Identify one of the shapes you have drawn and explain why it is important for a gymnast to hold it tightly.
2. Why is 'core strength' essential when Max is performing a balance on the beam?
3. Label your drawing to show where Max is using his 'extension' to reach for the ceiling.
4. Describe one way a gymnast can maintain their 'alignment' to avoid falling.
5. In your drawing, did you include a landing pose? Describe why the landing is a crucial part of a gymnastics

routine.