

Gymnastics Masterclass with Max the Monkey

Learning objective: To understand key gymnastics terminology, safety procedures, and techniques required for Grade 4 level floor work.

Read the front of each card to learn the term, then flip it to check your understanding of the gymnastics technique or rule.

What is a 'Balance' in gymnastics?

Holding a static position for a set amount of time with total body control and stillness.

What does 'Extension' mean in a gymnastic move?

Reaching your limbs out fully, pointing toes and fingers to make the movement look long and elegant.

How do you achieve 'Tension' in your body?

Engaging your muscles to keep your body firm and rigid, especially during shapes like a pike or a tuck.

What is a 'Sequence' in a floor routine?

A series of linked movements, balances, and transitions performed one after another in a specific order.

What does 'Travel' mean in gymnastics?

Moving across the floor space using different methods like rolling, leaping, or jumping.

Why is 'Core Strength' essential for a gymnast?

It provides the stability needed to hold difficult shapes and ensures balance during complex movements.

What is meant by the 'Aesthetic' of a routine?

The visual quality of the performance, focusing on grace, flow, and how the movements look to the audience.

What is an 'Apparatus' in a gymnastics setting?

The equipment used for gymnastics, such as benches, mats, or vaulting boxes.

What does it mean to show 'Control' during a landing?

Bringing the body to a complete, stable stop without wobbling or taking extra steps after a jump.

What is a 'Pike' shape?

A position where the body is bent at the hips with legs kept straight and toes pointed.

What is a 'Tuck' shape?

A position where the knees are pulled into the chest and the body forms a compact, rounded shape.

What is the most important safety rule before starting a gymnastics session?

Always checking that mats are positioned correctly and the equipment is stable and safe to use.