

Max's Gymnastics Masterclass: Mastering Movement

Stretch, Focus, and Soar: Unleash Your Inner Gymnast with Max!

- **Balance** is the art of maintaining a steady position. To improve your balance, keep your eyes fixed on a single 'focus point' to help keep your body still.
- **Traveling movements** include jumping, leaping, and hopping. In Grade 4, we focus on moving smoothly from one action to the next without pausing.
- **Body tension** is about pointing your toes and reaching your fingers to the very ends. This makes your shapes look sharp, clear, and professional.
- **A sequence** is a planned series of movements. When linking skills, think about how you transition from the floor to a shape, and how you finish your routine.
- **Safety first:** Always ensure your landing area is clear and use mats correctly. Land with soft knees to absorb the impact and protect your joints.

Did you know? Did you know? Gymnasts use 'core tension' to stay steady during routines. By engaging the muscles in their torso, they can hold complex shapes for longer without wobbling, turning their bodies into a solid, controlled structure!

Key vocabulary: Tension · Extension · Sequence · Counter-balance · Alignment · Apparatus · Core strength