

Max's Gymnastics Masterclass Quiz

Learning objective: To recall and apply knowledge of gymnastic movements, safety, and core body shapes required for Grade 4 PE.

Max the monkey is getting ready for his gymnastics routine! Read each question carefully and circle your answer. Good luck!

Answer Key: 1.C, 2.True, 3.False, 4.B, 5.D, 6.A, 7.Sequence, 8.True, 9.B, 10.Extension.

Word bank: Tension · Sequence · Travel · Balance · Extension · Control · Apparatus

1. 1. Which body shape involves the body being curled up small with knees tucked into the chest? A) Star B) Dish C) Tuck* D) Pike (1 mark)

2. 2. True or False: You should always check that your gymnastics mat is apartment and free of obstacles before you begin. (1 mark)

3. 3. True or False: It is safe to attempt a somersault without any supervision or proper training. (1 mark)

4. 4. What is the name for the 'tightness' in your muscles that helps you stay steady during a move? A) Relaxation B) Tension* C) Floppiness D) Speed (1 mark)

5. 5. Which of these is an example of an apparatus? A) A skipping rope B) A balance beam C) A vaulting box D) All of the above* (1 mark)

6. 6. What does 'control' mean in gymnastics? A) Performing movements with steady, precise actions* B) Moving as fast as you possibly can C) Copying a friend's move D) Falling over safely (1 mark)

7. 7. What do we call a series of gymnastic moves performed one after another? (1 word) (1 mark)

8. 8. True or False: A 'balance' requires you to hold a position steadily for a set amount of time. (1 mark)

9. 9. When performing a floor routine, how should you land after a jump? A) With straight, stiff knees B) With soft, bent knees to absorb impact* C) On your hands and knees D) While spinning (1 mark)

10. 10. Which word describes stretching your limbs out to their full length? (1 word) (1 mark)

Draw: Draw Max the monkey performing a perfect 'star shape' balance on a gymnastics mat.



Extension challenge: Design your own 4-move gymnastics routine. Write down the sequence using terms like 'tuck', 'balance', and 'travel'.