

Gymnastics: Mastering Movement and Sequence

Learning objective: To understand the biomechanics of gymnastic sequences, focusing on body tension, balance, and the safe transition between travel and stationary shapes.

Max the monkey is designing a gymnastics routine that includes travel, balance, and rotation. Look at the sequence components below and categorise them into 'Travel', 'Balance', or 'Rotation'. Then, use the vocabulary provided to justify why these moves require specific body tension.

Word bank: body tension · core stability · centre of gravity · momentum · extension · kinesthetic awareness · asymmetrical · fluency

1. Categorise the following movements into 'Travel', 'Balance', or 'Rotation': 1. Pencil roll, 2. Arabesque, 3. Cartwheel, 4. Chassé, 5. Tucked seat balance. Explain why it is vital to maintain core stability during the cartwheel. (4 marks)

2. Compare and contrast a 'static balance' (like a stork stand) and a 'dynamic balance' (like a controlled lunge transition). What role does your centre of gravity play in both? (3 marks)

3. Justify why 'body tension' is considered the most important factor in performing an aesthetically pleasing and safe gymnastic sequence. (3 marks)

4. What might happen to the fluency of a sequence if a gymnast fails to maintain extension in their limbs during a rotation? (2 marks)

5. If Max the monkey wants to increase the difficulty of his routine, should he focus on increasing speed or increasing the complexity of the transition between shapes? Explain your reasoning. (3 marks)

6. Design a 4-step sequence using one move from each category (Travel, Balance, Rotation) plus one transition move. Write your sequence below using precise terminology. (3 marks)

Draw: Draw a stick-figure diagram of a 'tucked' rotation and an 'extended' balance, using arrows to show where the core muscles (the centre of the body) should be held tightest.



Extension challenge: Imagine you are a gymnastics coach. Create a rubric for a Year 5 routine that includes at least three levels of difficulty. How would you award marks for 'fluency' and 'originality' compared to simple technical execution?