

Gymnastics Mastery: Assessment for Year 5

Learning objective: To evaluate understanding of gymnastic sequences, body tension, apparatus safety, and the application of aesthetic movement.

Read each question carefully. Ensure your answers use correct terminology. Show your working where required. Max, our maths-loving monkey, reminds you to check your focus and balance!

In gymnastics, a high-quality performance relies on the 'three Cs': Control, Composition, and Consistency. Whether performing a floor routine or using apparatus like the vault or beam, a gymnast must maintain body tension to ensure lines are clean and movements are deliberate. Transitions between movements should be fluid, and the landing of any jump or rotation must demonstrate stability and poise.

Word bank: Extension · Counter-balance · Sequence · Tension · Alignment · Aesthetic · Apparatus · Core strength

1. Define the term 'body tension' and explain why it is essential when performing a pencil roll or a bridge. (2 marks)

2. When performing a sequence, why is it important to consider the 'aesthetic' quality of your transitions between moves? (2 marks)

3. Max is designing a routine. He wants to include a partner balance. Explain the scientific importance of the 'centre of gravity' when performing a counter-balance with a partner. (3 marks)

4. List three safety procedures you must follow before beginning a gymnastics session on large apparatus. (3 marks)

5. Compare and contrast a symmetrical shape and an asymmetrical shape in gymnastics. Provide one example of each. (4 marks)

6. Justify why 'core strength' is considered the foundation of all successful gymnastic movements. What might happen to a gymnast's performance if their core strength is weak? (3 marks)

7. Imagine you are choreographing a 30-second sequence. Describe your sequence, including how you would incorporate levels (high, medium, low) and travel. Explain how you ensure the transition between these levels remains fluid. (5 marks)

Draw: Draw a labelled diagram of a gymnast in a 'low' level position. Label the points of contact with the floor and indicate where the gymnast should be applying tension to maintain their pose.



Extension challenge: Design a 'Gymnastics Scorecard' for a competition. If an entry fee is £4.50 per gymnast and there are 12 participants, what is the total revenue? If the judges' equipment costs £24.00, what is the remaining profit? Explain how you would use these funds to improve the gymnastics club's safety equipment. Total: /25