

Gymnastics: Precision and Poise

Learning objective: To identify and illustrate key gymnastic body shapes and movements, demonstrating an understanding of core tension and balance.

Follow the drawing prompts below to create a detailed scene of a gymnast performing a routine. Use the word bank to label your diagram accurately, ensuring you show how the body parts contribute to the required shape.

Draw: Create a high-quality line drawing of Max the monkey in a gymnastics studio. The style should be clean and technical, similar to an anatomy study. Max should be mid-air, performing a symmetrical jump. Include background details like a balance beam and gym mats to establish the setting. Use clean, confident lines to show the tension in his limbs and the pointed positioning of his feet.



Label words: Extension · Core tension · Pointed toes · Alignment · Balance · Focus · Aerobic control · Symmetry

Steps:

1. Identify two muscle groups that must be engaged to maintain a perfect handstand. Explain why these are essential for stability.
2. Compare and contrast a 'tuck' shape and a 'pike' shape. Why does the pike shape require greater

flexibility in the hamstrings?

3. Justify your answer: Why is 'focus' or 'gaze' considered a physical component of a successful gymnastic routine?

4. Step 1: Draw a gymnast performing a 'star jump' at the peak of their movement. Ensure the limbs show maximum extension.

5. Step 2: Label the pivot point on your drawing where the gymnast's weight is centred.

6. What might happen to the gymnast's stability if their core tension was lost during a landing? Use the term 'centre of gravity' in your explanation.