

Gymnastics Mastery with Max the Monkey

Learning objective: To understand, identify, and apply core gymnastic terminology and safety principles suitable for Year 5 pupils.

Use these flashcards to test your knowledge of gymnastics. You can work with a partner to quiz each other or use them to reflect on your own movement patterns.

Sequence

A series of gymnastic movements performed in a specific order to create a flowing routine.

Extension

The act of stretching a limb or part of the body to its full length to create long, graceful lines.

Tension

The controlled muscular effort used to keep the body firm and steady during a hold or movement.

Balance

The ability to maintain a stable position on a reduced base of support, such as on one leg or a beam.

Composition

The way individual movements are arranged and linked together to form a complete gymnastic performance.

Counter-balance

A movement where two gymnasts lean away from each other, using their combined weight to stay upright.

Aesthetics

The artistic quality of a performance, focusing on beauty, grace, and the visual impact of movements.

Core stability

The strength of the muscles in the abdomen and back, which is essential for maintaining control and posture.

Apparatus

The equipment used in gymnastics, such as mats, benches, boxes, or beams.

Precision

Performing a movement with exactness, accuracy, and total control.