

Max's Magnificent Gymnastics Challenge

Learning objective: To demonstrate knowledge of gymnastic terminology, body tension, safety protocols, and sequence composition.

Max the monkey is getting ready for his gymnastics routine! Help him master the theory behind his movements by answering these ten questions. Read each question carefully to ensure your technique is perfect.

Answer Key: 1. A (Tension); 2. True; 3. True; 4. B (Sequence); 5. False; 6. Symmetry; 7. C (Safety); 8. True; 9. Extension; 10. D (All of the above).

Word bank: extension · balance · sequence · tension · rotation · safety · trajectory · symmetry

**1. 1. What do we call the act of making the body rigid and firm to hold a position correctly?
A) Tension* B) Relaxation C) Floating D) Melting (1 mark)**

2. 2. True or False: You should always check that landing mats are placed correctly before attempting a jump. (1 mark)

3. 3. True or False: A 'tuck' position involves pulling your knees tightly towards your chest. (1 mark)

4. 4. What is a series of movements performed one after another called? A) A sprint B) A sequence* C) A static pose D) A tumble (1 mark)

5. 5. True or False: In a forward roll, it is safe to tuck your chin into your chest to protect your neck. (1 mark)

6. 6. When a shape or movement looks the same on both sides of the body, what is this called? (1 word) (1 mark)

7. 7. Which of these is the most important rule when working on apparatus? A) Moving as fast as possible B) Wearing heavy shoes C) Following teacher instructions* D) Showing off (1 mark)

8. 8. True or False: 'Extension' refers to pointing your toes and straightening your limbs fully. (1 mark)

9. 9. What is the technical term for the path an object or body takes through the air? (1 word) (1 mark)

10. 10. Which of these helps to make a gymnastics routine look professional? A) Good posture B) Controlled landings C) Smooth transitions D) All of the above* (1 mark)

Draw: Draw Max the monkey performing a perfect 'star' balance or a 'tuck' jump, ensuring he has straight lines and pointed toes.



Extension challenge: Greater Depth Questions: 1. Explain why body tension is vital for maintaining a controlled balance on a beam. 2. Compare and contrast a 'pike' position and a 'straddle' position. 3. Justify why warm-ups are essential before performing gymnastic movements. 4. What might happen if a gymnast fails to maintain core strength during a rotation? 5. If you were choreographing a routine, how would you use different levels (high, medium, low) to make it more interesting? 6. Design a 4-move sequence and describe the transitions between each move.