

Gymnastics Performance Analysis: The Max and Zara Method

Learning objective: To analyse, refine, and justify gymnastic sequences using technical vocabulary and self-evaluation.

Use this template to plan and review your gymnastics sequence. Max is looking for geometric precision in your shapes, while Zara is looking for fluidity, control, and aesthetic quality. Complete each section after practising your routine in the sports hall.

Word bank: sequence · extension · symmetry · transition · balance · trajectory · aesthetics · core stability · precision · fluidity

1. Sequence Structure: Describe the sequence of movements you have chosen. Explain why you selected these specific actions to create a balanced routine. (4 marks)

2. Technical Precision: Max wants to see perfect shapes. Identify one movement in your routine that requires high core stability and explain how you maintain your balance during this transition. (3 marks)

3. Aesthetic Quality: Zara is looking for patterns and grace. Compare and contrast two of your movements based on their speed and level of tension. How do these differences impact the viewer? (4 marks)

4. Safety and Control: Justify why specific landing techniques are essential when moving from an elevated position to the floor mats. (2 marks)

5. Refinement: What might happen to the 'flow' of your sequence if you changed the order of your movements? Explain the effect on the overall performance. (3 marks)

6. Peer Feedback: After performing for a partner, what is one specific piece of advice they gave you to improve your extension or posture? (2 marks)

Extension challenge: Design a 'Master Routine' on a separate sheet of paper. Create a storyboard using diagrams to represent each phase of your sequence. Annotate your drawings with technical vocabulary from the word bank, explaining the physics behind your centre of gravity during your most complex balance.