

Mastering Movement: Precision and Control in Gymnastics

Learning objective: To understand the principles of stability, tension, and aesthetic quality when performing gymnastic sequences, and to apply these to complex movement patterns.

Read each question carefully. Use your knowledge of body tension, balance, and sequence transitions to provide detailed, analytical answers. Refer to your recent practical sessions to justify your reasoning.

Word bank: Extension · Counter-balance · Alignment · Symmetry · Tension · Core strength · Transition · Control

1. Max is performing a symmetrical balance. Explain why 'core strength' and 'tension' are vital for maintaining his pose without wobbling. (2 marks)

2. Compare and contrast a 'tucked' position with an 'extended' position. In which position is your centre of gravity more stable, and why? (3 marks)

3. Zara is designing a sequence. Justify why the 'transition' between two movements is considered just as important as the static shapes themselves. (2 marks)

4. If you were to introduce a 'counter-balance' movement with a partner, what safety protocols must be followed to ensure the weight is distributed correctly? (2 marks)

5. What might happen to the aesthetic quality of a gymnastic routine if the performer lacks full extension in their limbs during a leap? (2 marks)

6. Evaluate the importance of alignment in a 'handstand'. How does the vertical stacking of joints affect the performer's ability to hold the shape? (3 marks)

Draw: Draw a storyboard of a three-part gymnastic sequence. Ensure the first panel shows a static start, the second shows a dynamic transition, and the third shows a landing with perfect alignment.



Extension challenge: Design a 30-second gymnastic routine that incorporates at least one level change, one rotation, and one symmetrical balance. Write a short paragraph explaining the 'pathway' your body takes across the floor and how you use your core muscles to maintain control throughout.