



KS3 Gymnastics



Skills Keywords

Roll– forward, backward, dive, log, teddy, knee, judo, pencil

Jump - straight, 1/2 turn, full, tuck, pike, straddle, scissor, box leap, split leap, stag leap

Balance- 1 leg, arabesque, knee, elephant stand, fish, Y stand, V sit, crab

Transfer of weight– Cartwheel, walkover,

Vault– take off, landing, through vault, side and straddle

Technique Keywords

Extension- moving joint into a straight position

Mirror- working next too a partner and reflecting their movements

Matching- working with a partner to complete the identical movements

Cannon- different timing

Unison- together, the same timing

Counterbalance/counter tension– weight balances against another weight/pushes away to balance

Other Keywords

High Quality

Control

Artistic appreciation

Linking moves

Sequence

Fitness Focus - Muscular Endurance

Definition— The ability of the muscular system to work efficiently and continue to contract over a period of time against a light to moderate load without tiring

Fitness test— sit ups/press ups in 1 minute

Applying to gymnastics—to be able to perform the required body movements without tiring. Showing strength and control .

Physical Education

“Actively Engaging in Challenge”



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