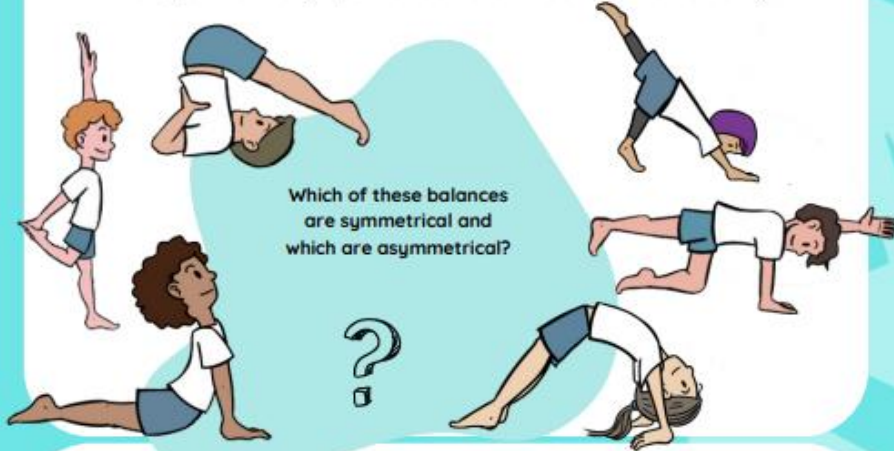


About this Unit

Gymnastics began in ancient Greece as a way to exercise and develop physical strength. The Ancient Greeks practiced gymnastics as a way to prepare for war. In 1896, the first modern Olympics took place in Athens, Greece. Gymnastics was a key part of the Olympic events and traditions and still is to this day.



Key Vocabulary

- asymmetrical:** not equal on both sides
- canon:** when performers complete the same action one after the other
- cartwheel:** an inverted movement performed on hands and feet
- decide:** to choose
- extension:** moving a body part outwards or straight
- identify:** recognise
- inverted:** where hips go above head
- matching:** to perform the same action as someone else
- mirroring:** reflecting the movements of another person as if they are a reflection
- momentum:** the direction created by weight and power
- observe:** watch
- pathways:** designs traced in space (on the floor or in the air)
- performance:** the complete sequence of actions
- quality:** the standard of the skill
- stable:** to be balanced
- symmetrical:** two parts that match exactly
- synchronisation:** moving at the same time
- transition:** moving from one action or position to another



Ladder Knowledge



Shapes:	Inverted movements:	Balances:	Rolls:	Jumps:
Shapes underpin all other skills.	Sometimes you need to move slowly to gain control and other times you need to move quickly to build momentum.	Use contrasting balances to make your sequences look interesting.	Work within your own capabilities, this may be different to others.	Use jumps to link actions. Change the shape of your jumps to make your sequence look interesting.

Movement Skills

- symmetrical and asymmetrical balances
- rotation jumps
- straight roll
- forward roll
- straddle roll,
- backward roll
- cartwheel
- bridge
- shoulder stand

This unit will also help you to develop other important skills.

- Social** work safely, support others, collaboration
- Emotional** confidence, perseverance, resilience, determination
- Thinking** observe and provide feedback, creativity, reflection, select and apply actions, evaluate and improve sequences

Strategy

Use different pathways to help make your sequence look interesting.

Healthy Participation



- Remove shoes and socks.
- Ensure the space is clear before using it.
- Only jump from apparatus where you see a mat.

If you enjoy this unit why not see if there is a gymnastics club in your local area.



How will this unit help your body?

- balance,
- co-ordination,
- flexibility, strength

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Limbo

What you need: a long stick or rope (maybe dressing gown ropes tied together), three people.

- How to play:**
- Two people hold either end of the stick at chest height.
 - Top tip: hold it in cupped hands so that it will fall easily when touched.
 - Players take turns going under the stick without touching it. Each time they complete a round the stick gets lowered.

Rules: Only your feet can touch the floor.

Top tip: bend your knees and lean as far back as needed to travel under the stick.



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Head to our youtube channel to watch the skills videos for this unit.



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