



Westacre Middle School PE Knowledge Web: Gymnastics

Skill Acquisition

Shape	Picture	Looking for....
Tuck		Straight back Toes pointed Legs together, NOT crossed
Straddle		Straight back Arms out to the sides and extended Legs straight with pointed toes
Pike		Straight back Arms by ears reaching up Legs straight and together Toes pointed
Star		On back Extending legs and arms Toes pointed
Dish		Lying on back, arms on legs Round back, Lifting head and legs off the floor
Arch		Lying on front, arms by ears Lifting up arms and legs Legs straight
Front Support		All fours Arms and legs straight Legs together Tummy facing the floor
Back Support		All fours Arms and legs straight Legs together Back facing the floor Fingers points towards toes

Teamwork and Leadership

Learning to work together as a team in gymnastics builds character as well as friendships. It does not matter how big or small the class/team may be, there is always a goal at hand to be achieved. By reaching goals together through teamwork, we learn valuable life skills such as, hard work, perseverance, and how to support each other.

It is important to trust one another, particularly in partner and group sequences as you may be spotting and supporting someone to ensure their safety.

When creating a sequence, good gymnasts listen to others on what could be included in the performance. They will also respond to feedback to ensure their sequence is the best it can be!



Performance Analysis

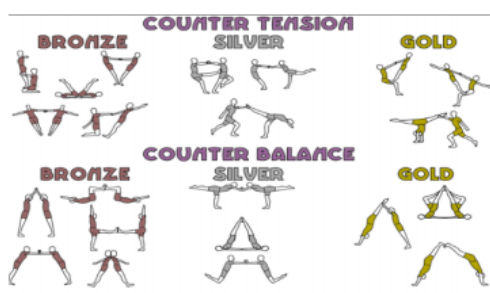
Symmetrical



Asymmetrical



Partner Balances



Use the diagrams to self-analyse your performance ensuring your sequence includes symmetry, asymmetry and counter balances.

Healthy Active Lifestyle

Gymnastics is one of the best exercises for training for overall health and wellness. Multiple studies on this subject prove the importance of gymnastics for bone, muscle, and cognitive health. It's not only about building muscle and improving flexibility, gymnasts make healthy lifestyle choices, are confident, and are able to make smart decisions to become successful citizens!



It helps build self-morale, determination, and better communication skills. It also improves quality of sleep, fights depression, and aids weight loss in the most effective way.

Year 5

Identify and practise body shapes.

Identify and practise symmetrical and asymmetrical body shapes.

Year 6

Use and refine the following skills: flexibility, strength, balance, power and mental focus.

Year 7

Construct sequences using balancing and linking movements
Use counterbalances and incorporate them into a sequence of movements.