

What I should already know

I should already know how to perform different types of jump using low-level apparatus – straight, tuck, straddle & twist shapes.

When I perform balances I recognise the position of the centre of gravity.

I can compose specific sequences of movements, shapes and balances using the floor and apparatus (1,2,3 and 4-point balances)

I can choreograph a short performance including a balance, jump and roll with a partner.



Key Vocabulary

routine	Combination or a series of movements which are linked and flow together
mirroring	When 2 gymnasts perform the same movement but in different directions to create a mirror image of each other
matching	When 2 gymnasts perform the same movement in the same direction to match each other
canon	When 2 or more gymnasts perform the same movement with a slight delay between the movement to create repetition
synchronicity	The simultaneous occurrence of events (moving at the same time)
rolling	Movement between two points with the body in a tucked up position
rotation	Circular movements to move between two points such as cartwheels and round offs
flight	Using jumping to move between two points or to change direction.
Composing a routine	When composing a routine it must have a clear start and end. STRONG CORE – CLEAR SHAPE – FIRM BASE

Modelling

A well planned gymnastics routine will combine balances, linking movements and compositional ideas. The routine below combines rolls with balances and could be performed in a pair using mirroring, matching, unison or canon.

