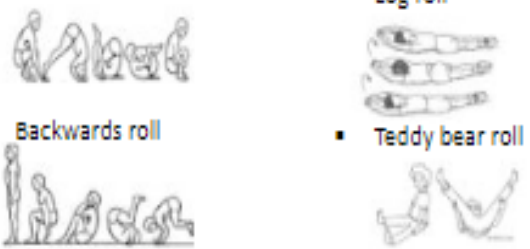






Topics in this cycle: Gymnastics	Taught: Autumn	Year Group: 7-8
Key knowledge/concepts to be learnt ('Tell me about....')		Websites/blogs/YouTube links and further reading to deepen and consolidate learning
<div data-bbox="98 395 497 820"> <p>Methods of travelling</p> <ul style="list-style-type: none"> Run Hop Skip Roll Jump (1-1, 1-2, 2-2, 2-1) Slide Twist/turn/spin </div> <div data-bbox="528 395 864 820"> <p>Vaulting</p> <ul style="list-style-type: none"> Ariel shapes (tuck, pike, straddle) Straddle on/over vault Through vault Gate vault Handspring </div> <div data-bbox="851 443 1267 555"> <p>Skill/routine development: Skills are enriched and extended using time, space, weight and flow.</p> </div> <div data-bbox="851 571 1267 794"> <p>Performance skills</p> <ul style="list-style-type: none"> Balance Coordination Control Extension Flexibility Mobility Posture Strength Stamina </div> <div data-bbox="98 884 734 1273"> <p>Types of rolls</p> <ul style="list-style-type: none"> Forwards roll Backwards roll Log roll Teddy bear roll  </div> <div data-bbox="882 852 1267 1251"> <p>Paired/group work</p> <ul style="list-style-type: none"> Counterbalance Mirror and match Cannon/unison </div>		<p>How to perform a forward roll https://youtu.be/z6w_9TPKUIk?si=hsILX8TLw4XJ0OAx</p> <p>How to perform a backward roll https://youtu.be/U_scqEijZbM?si=YmQdyxjGpnL55zpt</p> <p>How to perform a teddy roll https://youtu.be/uL-IUmpG8qU?si=2uUcfDEO723APY4k</p> <p>How to perform a handstand https://youtu.be/75l2rjzBPLw?si=Wp1UI0sexDgD4M49</p> <p>How to perform a headstand https://youtu.be/MKF019bn1kE?si=L6NwHGBPItnDoWG3</p> <p>How to perform a cartwheel https://youtu.be/QekxmXu2-Pc?si=7TjXbQR5Z_2WgNH2</p> <p>Basic vaulting technique https://youtu.be/NVT5kUULbio?si=z502UTsBnpMS6DIX</p> <p>Through vault https://youtube.com/shorts/MMCuFDnIJNc?si=G0dEY_crj0l3vmc0</p> <p>Performance Simone Biles floor routine https://youtu.be/_FBdDwpfH4I?si=edSODg3xmko75fLV</p> <p>10 hardest gymnastic moves https://youtu.be/lbDHgDhU9_0?si=UgkQzm1yBAh8AQos</p> <p>Beam routine https://youtu.be/2DwwJdOsKOG?si=x8--81dlNu4KNdh3</p>

Home-School Learning Collaboration – Physical Education

Key Vocabulary and Definitions to Be Learnt		What Will the Assessment Look Like?
Apparatus	Gymnastics equipment used such as - Beam, Vault, Springboard, Trampoline, Box, Mats, Benches,	<p><u>Quality of Performance</u></p> <p>Students will be BASE assessed on their practical skills related to gymnastics in isolation, pairs and small groups.</p> <p><u>Quality of theoretical Understanding</u></p> <p>Students will also be assessed on their theoretical knowledge related to Gymnastics. Including</p> <ul style="list-style-type: none"> • Skills and techniques • Choreography • Analysis of performance
Balance	When the centre of gravity is over the base of support. There are two types of balance: 1 Static balance – involves maintaining a desired shape in a stationary position (e.g. handstand in gymnastics); and 2 Dynamic balance – involves the control of the body as it moves in space.	
Canon	Perform the same movement one after the other	
Flight	Momentary suspension in the air during a skill	
Floorwork	Gymnastics event in which movements are performed on the floor in a specific matted area	
Flow	When a gymnast moves from one action to another without stopping.	<p>Family Learning Opportunities</p> <p>North Birmingham Gymnastics Club NBC Gymnastics Coleshill Road, Sutton Coldfield, West Midlands, B75 7FS. 0121 679 8632</p>  <p>G.M.A.C Walsall Road Perry Barr Birmingham B42 2LR</p>
 Pike <small>pike</small>	A straight legged position, with a maximum flexion at the hips	
Rotation	A variety of movement patterns that require the body to move through space around its own axis, such as twisting, rolling, turning, and spinning	
Space	The area a gymnast has to perform in	
 Straddle <small>straddle</small>	A position where the legs are split sideways.	
Timing	Has different contexts in gymnastics ; Could be performing in time with music, partner, group. Correct execution of a skill would have good timing so looks aesthetically pleasing.	
Travel	Different ways of moving around the gym using different skills and apparatus	

Home-School Learning Collaboration – Physical Education

Tuck 	Position where knees are bent, and the upper legs close into the body.	Gymnastics – Birmingham Alexander Stadium (alexander-stadium.co.uk)
Unison	Perform the same movement at the same time as others.	
Weight	Using different parts of the body to take the weight of your body to perform a skill. For example, handstand, headstand, cartwheel.	