



What I need to know:

How to apply a range of movements and balances, individually and with a partner, transferring skills into a fluent routine:

- Balances (Individual/partner)
- Counterbalances
- Travelling
- Pathways
- Space
- Basic Flight
- Rotation(turning)
- Sequence rotation (Accurate rotation)
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Key Vocabulary:



- Types of rolls
- Levels
- Locomotion
- Motion
- Transition
- Theme
- Timing
- Canon/Unison
- Symmetry
- Asymmetrical
- Mirroring
- Contact points
- Routine



Student reference point:



Identify the different transitions to move in and out of different positions, using a range of actions .

[Gymnastics Lesson Ideas for PE - Routines - YouTube](#)



Practice 3 – 4 different balances, using different contact points and apply 3 different ways to move in and out of position.



Split



Tuck



Straddle



Pike



Watch this floor routine from the Rebeca Andrade's BR mesmerizing Floor Routine at Tokyo 2020.

[Rebeca Andrade's BR mesmerizing Floor Routine at Tokyo 2020! - YouTube](#)



Research 3 different disciplines of women's gymnastics and identify what types of fitness are needed for these.

STANDARD BALANCES



SUPPORT BALANCES



KNEELING AND SITTING BALANCES



INVERTED BALANCES



Challenge question:

Read the following article shown from BBC sport. Can you identify where gymnastics has originated from and who have historically been the main power houses in this sport?

[Get Inspired: Gymnastics \(artistic\) - BBC Sport](#)

Suggested reading:



- Simone Biles: Greatest of All Time (Gateway Biographies)