



What I need to know:

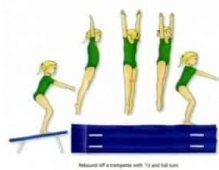
How to adapt balances, individually, paired and as a group, developing techniques of flight and rotation and applying these to own and others work into a fluent routine:

- Balances (Individual/partner)
- Partner and Group balances.
- Travelling and linking.
- Pathways
- Space
- Vaulting
- Rotation(turning)
- Sequence rotation (Accurate rotation)

Key Vocabulary:



Types of rolls
Levels
Locomotion
Motion
Transition
Timing
Canon/Unison
Flight
Take off
Landing
Vault
Cartwheel
Arab Springs
Headstand and Handstand
Base, support
Routine



Student reference point:



Watch the video to demonstrate a willingness to innovate and invent new solutions to group balances and the requirements to perform these.

[elements of acrobatic gymnastics: strength, flexibility, balance and flight.](#)



Look at the picture below and identify the different roles required to be able to work in a team. Why is everybody's role different and important to contributing to your own and others work.



These are Individual balances. Practice each of these and explore 4 other individual balances to practice.



Watch Simone Biles on the vault, to see how rotation, balance and flight are incorporated.

<https://www.youtube.com/watch?v=v2Utjv28FBY>



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)

