



#### What I need to know:

How to use a range of skills and techniques, individually and in combination with others, to apply precision, control, accuracy in sequences and adapting new and existing skills:

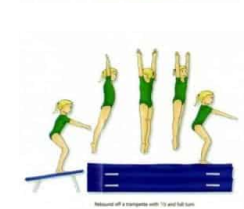
- Group balances.
- Body shape jumps
- Tumbling
- Flight
- Weight bearing
- Landing
- Timing
- Pathways
- Space
- Vaulting
- Rotation(turning)
- Routine

#### Key Vocabulary:



- Group balances
- Levels
- Locomotion
- Motion
- Transition
- Timing
- Canon/Unison
- Flight
- Take off
- Landing
- Vault
- Elevation
- Straight
- Tuck
- Pike
- Straddle through
- 1/2Twist and Full Twist
- Base, support
- Routine

#### Vault



#### Student reference point:

#### Instructions:

- Stand with both feet together in the middle of a room.
- Now try to balance for thirty seconds.
- Next, close your eyes for thirty seconds and attempt to balance.
- Determine if it was harder or easier with your eyes closed.
- Next, stand on one leg for fifteen seconds and try to balance.

**Which practice was easier? Can you think why one might be easier than the other?**

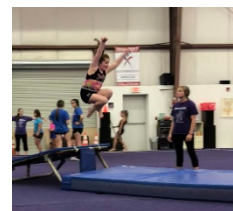


feet together



Watch the video and see how power, speed and balance are required for performing Vault techniques.

[All Access: Vaulting at IGI | Improving Run Technique, Hurdle and Vaulting Up - YouTube](#)



#### Flip a coin and complete the challenges at each round.

Round	Heads	Tails
1	X 5 Straddle Jumps	X 5 Sit ups
2	X 5 push ups	X 5 tuck Jumps
3	30 secs skipping on spot	30 second plank
4	X 10 split jumps	X 10 skipping on spot
5	X 10 toe raisers	X 10 squat jumps



Click on the link to gain further knowledge on where gymnastics originated from, the disciplines, involved and the type of events that can be taken part in.

[Gymnastics - Wikipedia](#)

#### 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)

