

# Gymnastics Knowledge Organiser

**The key features of a routine:**


- Balance- individual (can or have many different points of contact) such as arabesque in groups (which can be counter-balanced or with counter-tension) such as a partner balance.
- Roll- forwards roll, backwards roll, circle roll, side roll, pencil roll
- Jump- can be symmetrical (the same on both sides) or asymmetrical (different on both sides)
  - symmetrical- tuck jumps, straddle jumps, pike jumps, sheep jump
  - asymmetrical- split leap, cat leap, barrel jump
- Transfer of weight- change in distribution of force from one part of the body to the other.

**Key Words:**


- Travel- movement around the area
- Levels- performance of lying, seated or standing skills to make a routine look more effective
- Fluency- the smoothness of a movement
- Tension- keeping the body tight

**How to Perform:**



**Forwards roll:** Squat down and place hands in front, tuck head into chest and roll over onto back in tuck position, stand onto feet



**Arabesque-** raise one leg behind the body until it is at 90 degrees, keep both legs straight, push chest forwards



**Bridge-** lie on back with hands next to ears pointing towards feet, place feet on the floor, push hips and shoulders up off the floor to make a bridge shape

**Components of Fitness needed:**

- Flexibility- the range of movement available at a joint
- Power- the ability to exert a force against a resistance quickly
- Balance- the ability to maintain a stable body position when the centre of mass is outside the centre of mass
- Strength- the ability to exert force over a resistance

Gymnastics needs lots of different skills to be linked together to score as high as possible within a routine.

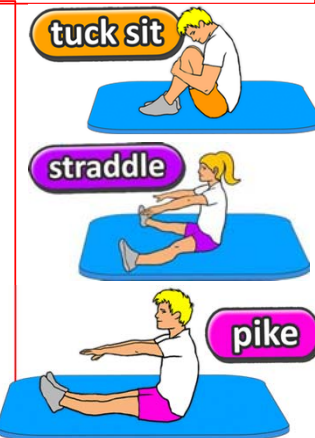
The correct technique needs to be used so that the execution score is as high as it can be, increasing a gymnast's chance of winning.

**Key Skills:**

**Tuck-** knees in to chest, hands make contact just below knees


**Straddle-** legs out to the side with knees flat to the floor facing the ceiling, feet pointed, back upright

**Pike-** legs outstretched forwards with knees facing the ceiling, legs flat to the floor




<b>Counter-tension</b>	A balance in pairs in which each partner is supporting the other's weight by pulling against each other.
<b>Counter-balance</b>	A balance in pairs in which each partner is supporting the other's weight by pushing against each other.

**COUNTER TENSION**



**COUNTER BALANCE**




Fluency      Jump      Routine      Key Words      Travel      Roll

Balance      Transfer      Tension

Flexibility      Technique      Levels

- Local Gymnastics Clubs:**
- Activ8
  - Revolution
  - Bouncing Stars
  - City of Birmingham

1. Name one key feature of a gymnastics routine	11. What can balances be?	21. Which score is impacted by technique
2. Name one component of fitness needed in gymnastics	12. Give 3 coaching points of a bridge	22. What is flexibility?
3. What shape is this?		13. In a pair balance, what are the two types?
4. Name one local gymnastics club	14. Explain a pike shape	24. What is the definition of counter-balance?
5. What is a transfer of weight	15. Why are levels importance	25. How do you perform a forwards roll?
6. What is a key gymnastics word	16. What are the three key skills?	26. What is the definition of counter-tension?
7. Explain what this key word means	17. Name a balance	27. What is an example of an asymmetric jump?
8. Give 2 teaching points of an arabesque	18. Draw a counterbalanced balance	28. Name a roll
9. What is the definition of strength?	19. What is a tuck shape?	29. What is an asymmetric jump?
10. Draw a counter tension balance	20. Explain how to perform a tuck jump?	30. Name a symmetric jump