

Gymnastics – Rolls

Keywords

Beauty	Routine
Balance	Fluency
Control	Balance
Movement	Safety
Grace	Floor
Coordination	Roll

Can you think of anymore?



Forward Roll



Backward Roll



Cartwheel



Can you think and perform any other rolls?

Core Task:

Can you develop a paired routine including the following gymnastic moves?

- 3 different rolls
- 3 different balances
- Connecting moves (i.e. turns, jumps)
- Use of unison and canon
- Use of levels and changes in speed

What apparatus could you use?

Making and Applying Decisions	Can you select a range of moves?
	Can you link moves together fluidly?
	What order should you perform the moves in?
Developing physical and mental capacity	Can you adapt your routine to make it harder or easier?
	How do you link levels and speeds?
	How do you provide a firm base for balances?
	Maintaining focus and concentration
Accurate Replication	The will to be successful/achieve
	Can you perform each move in isolation?
	How well are the moves linked?
	Are moves performed with control?
Exercising Safely & Effectively	Can you complete a paired routine?
	Did you warm up effectively?
	How long do you hold a stretch for?
	Why do we need to exercise?
Evaluating and improving	What happens to your body during exercise?
	Able to compare work with others
	Pick out strengths/weaknesses
	To improve your skills and others
	Change routine based on self assessment

Gymnastics – Balances

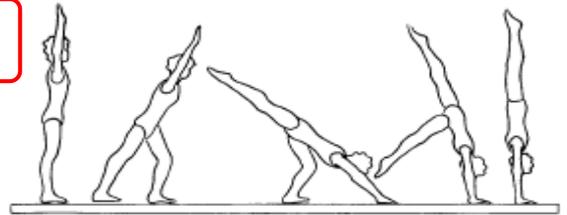
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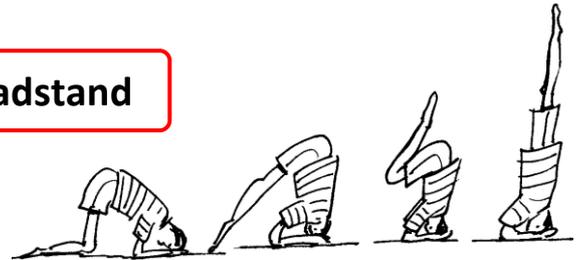
Can you think of anymore?



Handstand



Headstand



Arabesque

Shoulder Stand

Can you think and perform any other balances?

Core Task:

Can you develop a 4 person routine including the following gymnastic moves?

- 4 different rolls
- 4 different balances
- A range of jumps and turns
- Use of unison and canon
- Use of levels and changes in speed
- 2 pieces of apparatus

Making and Applying Decisions	Can you select a range of moves?
	Can you link moves together fluidly?
	What order should you perform the moves in?
Developing physical and mental capacity	Can you adapt your routine to make it harder or easier?
	How do you link levels and speeds?
	How do you provide a firm base for balances?
	Maintaining focus and concentration
Accurate Replication	The will to be successful/achieve
	Can you perform each move in isolation?
	How well are the moves linked?
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	Did you warm up effectively?
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	Change routine based on self assessment