



Key Skills:

Year 7 Gymnastics

SMSC and British Values

- Enable students to develop their self –knowledge, self-esteem and self-confidence



Skill	Description
Teddy Bear Roll	Sit in straddle position with legs straight and toes pointed place your hands just below knees. Keep the back rounded and roll round onto the shoulder.
Forward Roll	From standing, crouch down. Place your hands on the floor in front of you, shoulder -width apart with your fingers facing forwards, while simultaneously placing your chin on your chest. This will ensure your hips of raised high enough and your spine is rounded so you can roll on to your back. Bend your arms as you place your neck on the floor, slightly extending the legs and pushing on the floor with your feet until the roll commences and you roll on to your back. Try to keep your legs straight as you commence the roll forwards. In the last part of the roll, bend your legs tightly so that your heels are close to your bottom. At the point where your feet contact the floor, stretch forwards with your arms so that your head and chest move over your feet. Once your body weight is in a position of balance you will be able to stand.
Backward Roll	Lower body towards ground with body close to the heels. Keep chin on the chest and make back rounded. Hands flat on ground with thumbs close to ears. Strong arm movement pushing body into an upright position. Feet down first and use momentum to move to standing position
Headstand	Crouch down and place your hands and forehand on the floor to form an equilateral triangle. Your head should be approximately 30cm in front of your hands and your arms bent at an angle of 90 degrees. Extend your legs so that your pointed toes are resting on the floor. By pressing with your hands, slowly move your bottom over your forehead into a balanced position. By exerting more pressure you will reach a point at which you can lift your feet from the floor. Continue to raise your legs above your head by pressing constantly against the floor with your hands. Make sure that your back is kept straight at all times by tightening your bottom and stomach muscles.
Handstand	Stretch as high as possible take a large step forward kick up take off leg. Hands shoulder width apart on the ground, fingers spread out and pointing forward and look at ground just in front of hands. Swing the rear leg up as high as you can and swing the other leg to join it. Keep your back straight and shoulders, hips and ankles in line. Point your toes and keep strong body tension.
Cartwheel	Stand in stretched starting position, lift take off foot and point in the direction of travel First foot takes the body weight at the same time the first hand takes the weight of the body. The take-off foot pushes off and the first hand leaves the ground as the first foot lands. Second hand pushes away from the ground just before the second foot lands
Travelling	Travelling in floor gymnastics is being able to move around the mat using different movements such as rolls, steps, turns, jumps, cartwheels, walkovers, handsprings, and being as creative as possible.

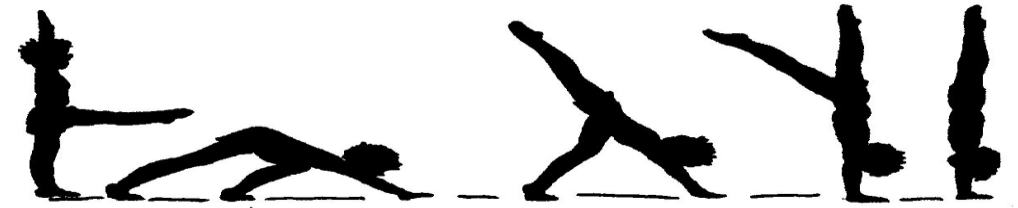
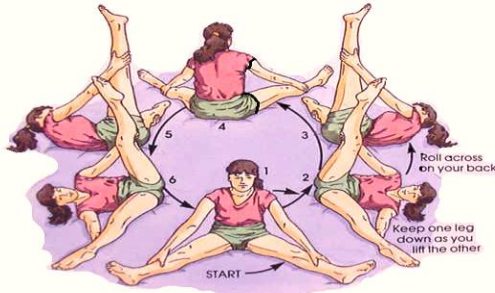
Components of fitness used in Gymnastics

- A gymnast requires flexibility at the joints to allow for a larger range of motion around a joint.
- A gymnast requires muscular strength to be able to balance on certain body parts. This is exerting their body against a given force.
 - A gymnast requires power in their arms and legs, which is speed x strength. A gymnast requires agility to change direction at speed.
- A gymnast requires muscular endurance to keep using the same muscle groups over and over again when performing a skill such as a forward roll.
 - A gymnast requires a certain levels of speed as they slow down their speed and increase their speed depending on the sequence they are performing.

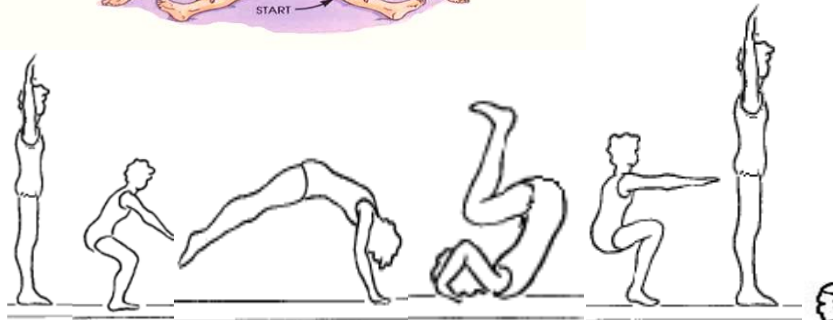
Health and Safety

- Exercise in safe spaces. Be mindful of others.
- Keep your head up and know what is around you.
- Warm up properly including stretching your muscles.
- Bend your knees when you land.
- Whenever using high equipment (e.g. vault, bench) always make sure that you have a spotter.
- Make sure that apparatus is set up properly.
- Make sure that apparatus is put away properly.
- Warm down after exercising

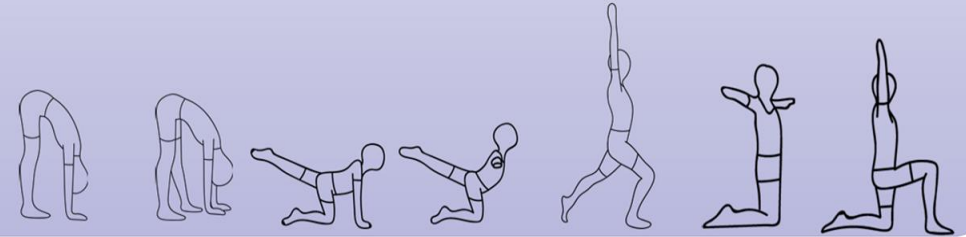
Scan the QR codes to see the skill.



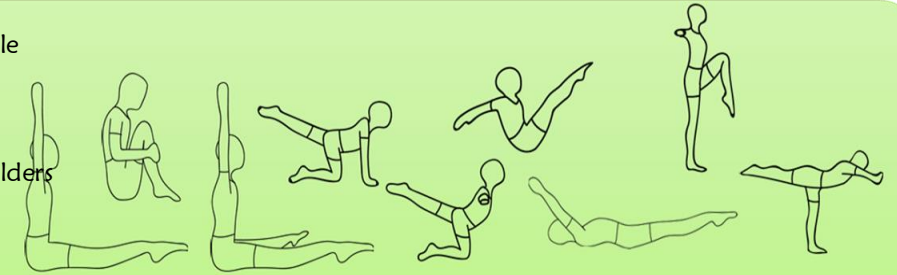
Challenge: Try these different starting positions for a forward or backwards roll:



- Pike support
- Straddle support
- Knee scale
- Knee scale balance
- Lunge
- Kneeling
- Kneeling lunge



- Seated tuck, pike or straddle
- Knee scale
- Knee scale balance
- V sit
- Dish (without toes or shoulders touching the ground)
- Standing on one leg
- Arabesque



Pick a position (from below or above) to start in, forward roll, pick a position to end in. Make sure you show fluency.

