



Key Skills:

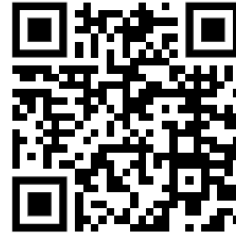
Year 8 Gymnastics

SMSC and British Values

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



Example of a Gymnast Routine



Scan me

When watching the gymnastics routine look out for the following:

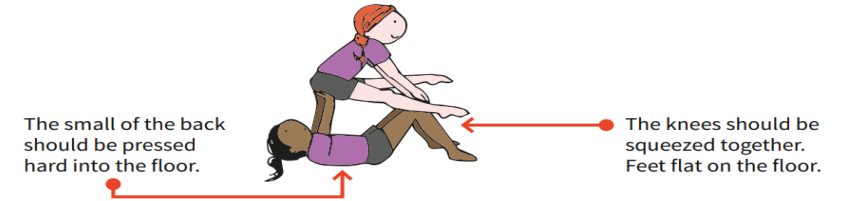
- How do the gymnasts use different ways to move across the floor
- What different balances can you spot
- What do the gymnasts do at the beginning of the routine
- What do the gymnasts do at the end of the routine

Remember there is no need to worry about the skills that you will learn. Everyone will progress at their own speed and will do skills that challenges them but only skills they are ready for. Every one is different 😊

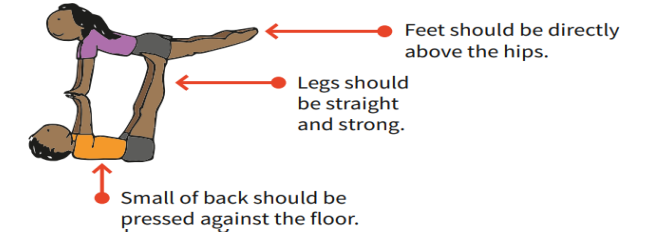
Health and Safety when supporting a partner in balances

BALANCING WITH OR AGAINST A PARTNER OR TAKING THE ENTIRE WEIGHT OF A PARTNER

(A) SUPPORTING BASE LYING DOWN WITH KNEES UP, FEET ON FLOOR.

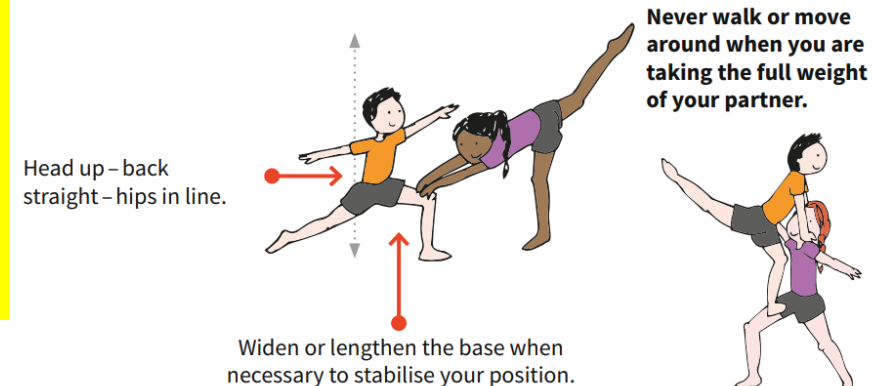


(B) SUPPORTING BASE LYING DOWN WITH LEGS STRAIGHT UP IN THE AIR.



BALANCE WITH OR AGAINST A PARTNER OR TAKING THE ENTIRE WEIGHT OF A PARTNER (SPORTS ACROBATICS)

STANDING UP SUPPORTING BASE



Skill	Description
Round Off	A round off is a cartwheel with a quarter turn inwards on landing. The “snap up” from the hands to the feet. Snap the legs down and the arms and chest up to create rotation and flight
Backwards walkover	Stand straight with your dominant foot forward and your arms up. Lift your dominant leg straight out in front of you and lean backward. Push off with your other leg when your hands touch the ground. Shift your weight onto your hands and push your chest over your shoulders. Lift your dominant leg up off of the ground with your feet pointed and arms by your ears.
Forwards walkover	Start facing forwards and step into handstand with a split leg. With control bend over into the bridge position with one leg lowered onto the floor other leg raises up to bring the shoulder and torso back up to standing.
Individual balances	The maintenance of the centre of mass over the base of support. Working individually to create interesting balances.
Paired balances	The maintenance of the centre of mass over the base of support. Working in a pairs to create interesting balances.
Counter tension	Counter tension is when gymnasts perform a balance which involves two or more of them pulling away from each other (or a piece of apparatus)
Counter balance	Counter balance is where two or more gymnasts push their weight towards each other to create a balance.
Trio balances	Balances performed in groups of three
Group Balances	Four or more students perform a balance.

Individual Balances

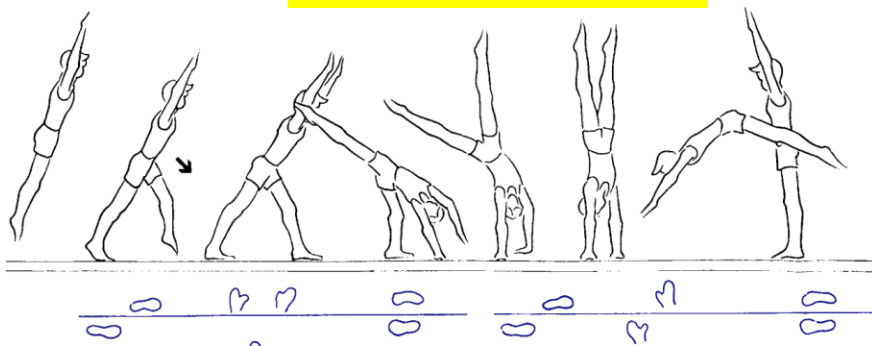


Trio Balances

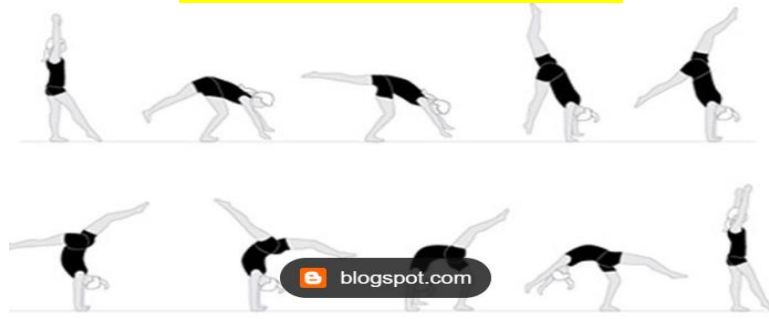


Watch the QR Codes to see how to do the following skills.

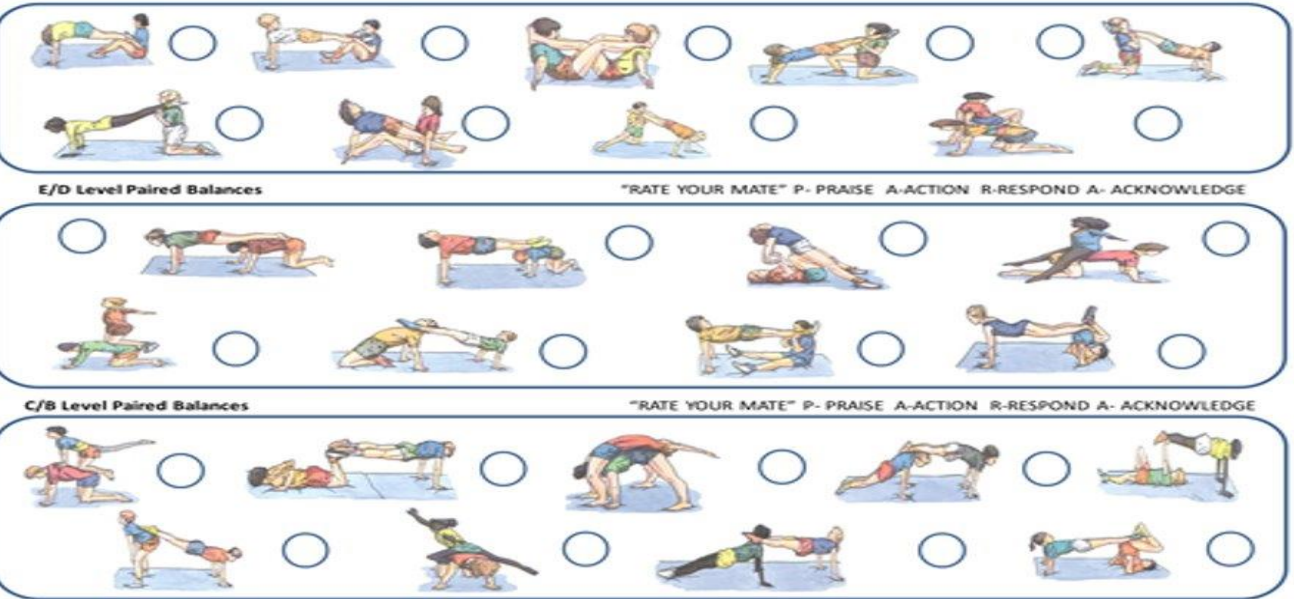
Roundoff



Forward Walkover



Partner Balances



Backwards Walkover

