



Key Skills:

Year 9 Gymnastics

SMSC and British Values

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



Skill	Description
Headspring	The performer lowers themselves into a headstand position with arms in line with head. The body must tilt off balance before the arm and leg thrust is added this will create the thrust to rotate keeping the legs straight and head slightly back before landing.
Handspring	The performer goes into handstand position and thrusts from the hands and legs to create rotation. Keeping head stable. Arch in back and land with legs together in standing position.
Straddle vault	Placing both hands centrally onto the box, lift chest high. Legs stretched in a straddle position over the box. Raise hands and land with 2 feet onto the mat.
Through vault	Reach for the box. Strong thrust from the hands, lift the chest and squat quickly. Keep your head up and legs travel over and box in a squat position. Land with 2 feet onto the mat.
Flight	You will explore flight on, off and over equipment as well as exploring different ways you can create flight with a partner and individual skills.

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 😊

Example of a Gymnastic Skills



Scan me to see a Straddle Vault



Scan me to see a Through Vault

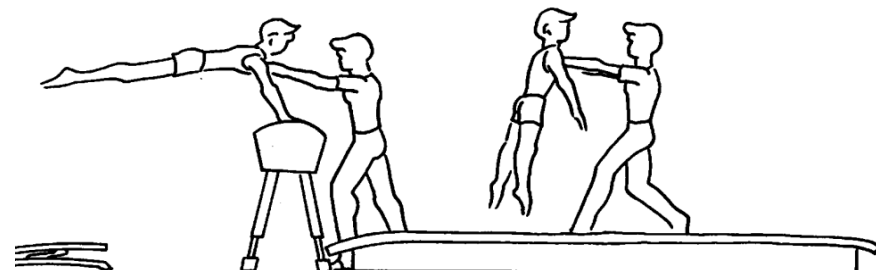
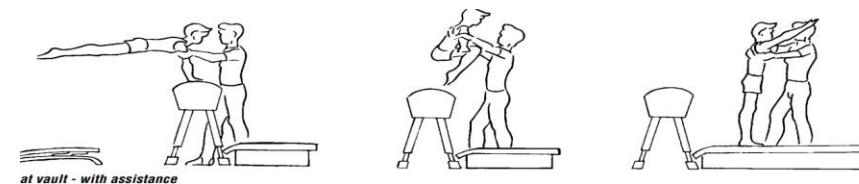


Scan me to see a Headspring



Scan me to see a Handspring

Health and Safety when spotting and using equipment



You will be taught how to safely support your peers in some skills. In other skills the teacher will be your support. Never attempt a skill without the proper guidance, support and skill developments taught by your teacher.

The apparatus might you use



Spring Board.

This will help you to gain extra height or to aid with some skills



Trampette

This will help you to gain more height than the spring board.



Box.

You may jump off of these or perform vaults onto and over.

Equipment safety:

It is very important that when you are getting the equipment in and out that you are sensible and listen to your teachers instructions very carefully. Things to remember:

- Line up outside of the cupboard until you are asked to collect the equipment
- Always have the safe amount of people carrying the equipment
- Only set up things that you have been taught to- some of the equipment can only be done by your teacher
- Talk quietly when moving equipment
- Do not go on any equipment until you have been instructed to



Crash Mat.

This will be required for a number of skills on and off of the equipment. This will help to keep you safe.