

Gymnastics

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<p><u>Body tension and control</u></p> <ul style="list-style-type: none"> - What is body tension? - What is control? - What is fluency - What is a routine? - Identify the basic skills in gymnastics. - How is gymnastics assessed/graded? 	<p><u>Balances</u></p> <ul style="list-style-type: none"> - What is a balance? - How long should a balance be held for? - What is a point and patch balance? - Identify some of the different balances. - How do you demonstrate body tension and control when balancing? - What is a counter balance? 	<p><u>Rolling</u></p> <ul style="list-style-type: none"> - What is a roll? - Identify the basic/advanced rolls. - When would a roll be used in a sequence? - How do you demonstrate body tension and control when rolling? 	<p><u>Weight on Hands</u></p> <ul style="list-style-type: none"> - What is a weight on hands skill? - Give an example of a weight on hands skill. - How do you perform weight on hands skills with control and good body tension?
<p><u>Vaulting</u></p> <ul style="list-style-type: none"> - What is vaulting? - What are the different types of vault skills? - How do you perform a safe take off and mount when vaulting? - What does a safe dismount involve? 	<p><u>Floor routines</u></p> <ul style="list-style-type: none"> - What are floor routines? - What are the main floor skills? - How would you demonstrate fluency? - How do you demonstrate body tension and control? - What do 'unison' and 'cannon' mean? - How are floor routines assessed/graded? 	<p><u>Rotation</u></p> <ul style="list-style-type: none"> - What are skills involving rotation? - Where do you look? - Where do you place your arms? - At what point do you release from tuck position? 	<p><u>Key terminology</u></p> <ul style="list-style-type: none"> - Control - Body tension - Fluency - Vision - Routine - Shapes - Twists - Rotation - Unison - Cannon - Level