



Stillness Juniors Knowledge Organiser - Gymnastics

Key Skills

Skill	Description
Actions	A word for movement in gymnastics.
Balance	To remain still in a set for 3 seconds.
Extension	Straightening limbs/ or trunk.
Roll	Rotation of the body either forwards, backwards or sideways.
Sequence	Linking together multiple actions that can be repeated.
Spin	Keeping one body part in contact with the floor and rotate round the point.
Travel	Getting from point A to B with repeated movement.

Gymnastics

Gymnastics is a sport that includes exercises requiring balance, strength, flexibility, agility, coordination, and endurance. The movements involved in gymnastics contribute to the development of the arms, legs, shoulders, back, chest, and abdominal muscle groups. Elite gymnasts compete at the Olympics, Commonwealth Games, Worlds and European Championships.

Different types of gymnastics: • Artistic • Rhythmic • Trampolining • Acrobatics • Aerobic • Parkour • Tumbling

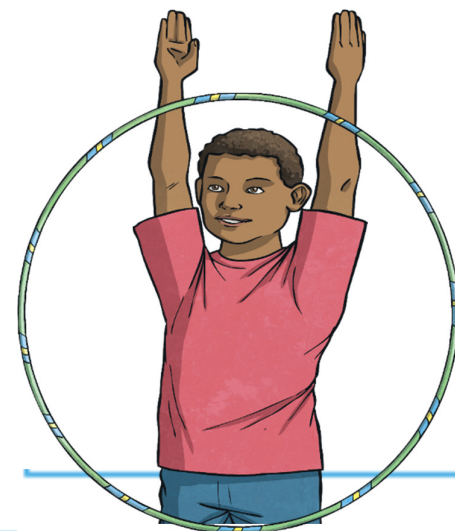


Benefits of Gymnastics

- Good for Mental Health
- Enhances Physical Development
- Allows Creativity
- Develops Positive Relationships
- Good for Routine

Skills

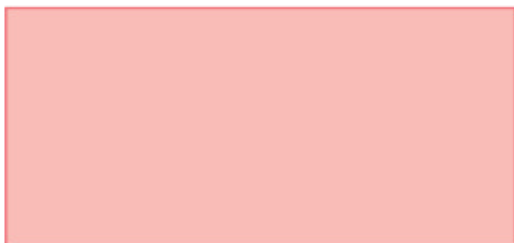
- Flexibility
- Core Strength
- Balance
- Strength
- Power
- Determination
- Mental focus
- Discipline





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Choose gymnastic jumps, rolls or movements from the small boxes to make your own sequence. Write down your sequence in the big boxes.



tuck jump



pencil jump



star jump



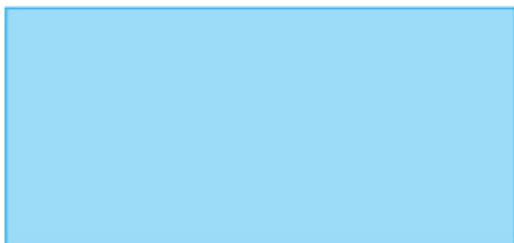
pike jump



straddle jump



hop jump



pencil roll



forward roll



cartwheel (roll)



egg roll



running



leaping



skipping



walking



change direction



crawling



Jake Jarman

Jake Jarman at only 20 years old became the first English athlete to win four golds at a single Commonwealth



Greta Mayer

Greta Mayer is one of the youngest gymnasts born in 2006 and the 2020 European silver medallist.