

What should I already know?

- Perform complex balances that require supporting your own body weight.
- Link a range of movements with fluency and finesse.
- Perform complex jumps and jump combinations.
- Explain and demonstrate safe practice at all time.

Gems of Knowledge



What will I do?

- Use combinations of dynamics, using the space effectively.
- Develop and progress a range of rolling techniques.
- Perform a range of jumps with strength, control and finesse.
- Perform sequences that show clear differences between levels, speeds and directions.

What will I know?

- How to provide constructive feedback about a performance,
- Have discussions to help others improve their performance.

Great Gymnasts!



Beth Tweddle
GB



Simone Biles
USA

Develop Flexibility, control and balance - Dynamics in complex sequences

Vocabulary

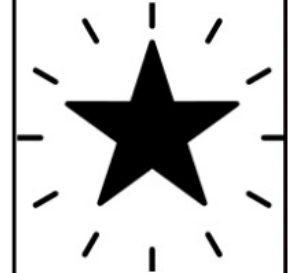
Finesse -

Showing delicacy, control and refined skills



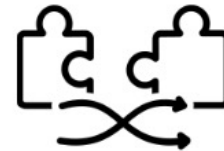
Creativity -

Making your sequences unique. Telling a story through your movements.



Combination

=
Completing multiple things at once.



Fluency -

Ensuring each movement/shape flows into the next.



Coordination -

Use two body parts together at the same time.



Transition -

Move into and out of balances/shapes.

