

Year 7 Physical Education Knowledge Booklet

Gymnastics

Name:

Class:



What PE kit do I need?

Black school PE shorts, blue school PE t-shirt.

**** This activity is done with bare feet**

Assessment Criteria

| | | |
|----|--|--|
| 0 | Difficulty using apparatus e.g. can't use springboard. | |
| 1 | Can use springboard to land on box with 1/2 knees. Can perform 4 basic shapes in flight. | |
| 2 | Can perform an on-off vault and either a side or gate vault with limited control. | |
| 3 | Performs both side and gate vault with good form and height. | |
| 4 | Performs through or straddle vault with confidence and control. | |
| 5 | Can perform above four vaults with confidence and control. | |
| 6 | Can complete head/handspring effectively with support. | |
| S1 | Social | Cooperate with others, working as a pair or group to complete an activity. |
| H1 | Health | Participate in physical activity safely and responsibly in my PE lessons. |

Big Questions

1. How do we use the springboard/trampette correctly?
2. How do we land effectively and safely?
3. How do I perform a gate and side vault?
4. How do I perform a through vault?
5. How do I perform a straddle vault?
6. How do I perform inverted vaults?

Web Links:

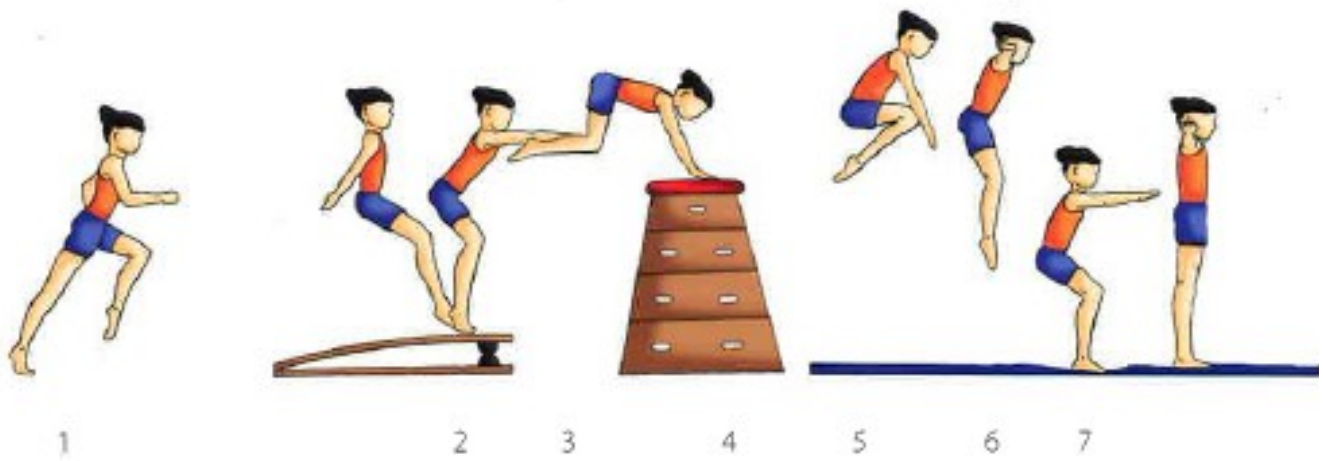
Vaults Guide:

<https://www.youtube.com/watch?v=JUuFww8u0rw>

Handspring vault:

<https://www.youtube.com/watch?v=By2ft9HFLDI>





Teaching Points:

- Run up, taking off on one foot
- Land on springboard or trampette with two feet
- Hands placed on the horse or vault shoulder width apart
- Arms locked straight
- Look upwards
- Tuck knees up to the chest
- Push the hips forwards
- Land on the horse or vault in a tucked position, with the feet between the hands
- Stand and dismount the horse or vault onto a safety mat

Tuck Jump



Look at the tuck position of the gymnast in the picture.

Jump as high as you can, bring your knees to your chest and keep your toes pointed.

Star Jump



Look at the star position of the gymnast in the picture.

Jump as high as you can, reach out and extend your arms and legs as far as possible.

Remember to point your toes.

Straddle Jump



Look at the straddle position of the gymnast in the picture.

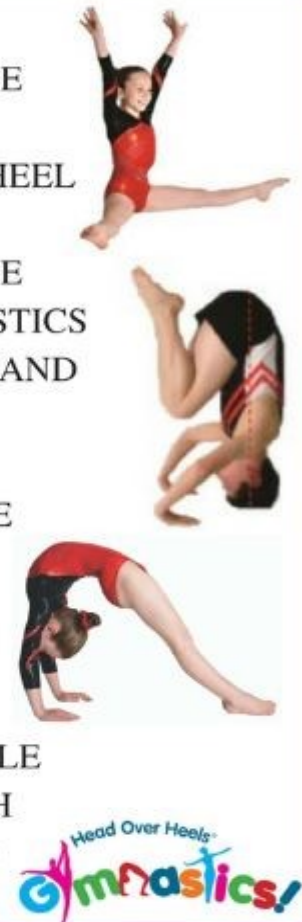
Jump as high as you can, bring your legs up towards your body and extend them out to the side.

Remember to point your toes.

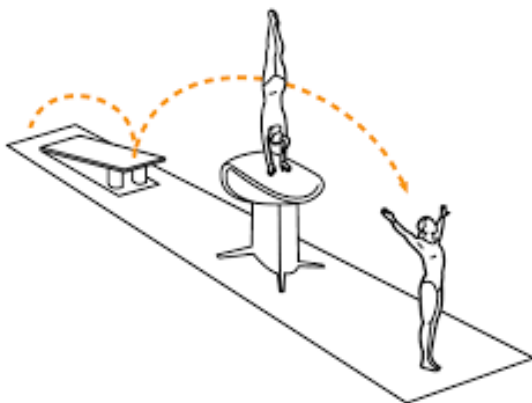
Gymnastics Word Search

X U Q F Z Z C V E G P D U E I
 O X U P K U W L Y B O E E G D
 K E N D H P D M A C S P S D D
 A B F T N D N L U G T A A I V
 M I O V A A A R N W U E D R D
 L P L R S N T O O S R L N B X
 J C T T C Q R S K L E W A C J
 R S I E N T Z I D I L D T G T
 H C N P S P P J U N R B S K P
 S P J L E E H W T R A C D J O
 P X F L E X I B L E K H A M A
 H C T E R T S T H C B J E P V
 P D M M O S V R U C T B H I Z
 S P L I T S S T G A R C O K E
 R U N Y S K Y H S I D A Y E W

- ARCH
- BALANCE
- BRIDGE
- CARTWHEEL
- DISH
- FLEXIBLE
- GYMNASTICS
- HANDSTAND
- LEAP
- PIKE
- POSTURE
- ROLL
- RUN
- SKIP
- SPLITS
- STRADDLE
- STRETCH
- STRONG
- TUCK



This diagram shows a Handspring vault being performed:



Annotate the diagram with arrows/comments about key elements that contribute to high quality performance.

In the box below draw and annotate a diagram showing how to perform another vault of your choice:

