Year 9 Gymnastics Knowledge Organiser

Skills

- I can perform all of the basic **shapes** with **body tension** and **body extension**
- I can perform basic **shapes** demonstrating **body tension** and **body extension** and effective **flight** off a bench, **springboard** and **trampette**
- I am secure/confident with weight on hands and can demonstrate different types of **vault (through, straddle, handspring, roundoff, arab spring etc.)**
- I can perform basic **synchronized vaulting routines** as part of a group

Growth & Development.

- I complete regular exercise to help develop the components of fitness which will benefit my gymnastics performance.
- I can analyse the impact of different exercises on my performance in gymnastics.
- I can explain what type of exercise is predominately used in gymnastics and how to develop this.

Key Terms

Body tension	Body extension
Shape	Twist
Vaulting	Somersault
Flight	Springboard
Trampette	Handspring
Round off	Synchronisation

Rules

- Always have good body extension for every shape
- All students must adhere to all health and safety aspects of gymnastics
- Only attempt skills within your own ability level
- Always perform gymnastics skills on a mat or crash mat
- Ensure springboard/trampette/vault/mat area is clear before performing skill

Decision Making

- I can critically evaluate my own and others performance and plan ways for improvement
- I can use technical language when evaluating performance
- I can select different skills for my group to allow for a fully flowing routine
- I can select actions and make decisions based on my skill level that will both challenge and develop my learning

Confidence, Passion & Leadership

- I show a willingness to improve by actively engaging in each lesson.
- I can successfully coach and analyse a small group/peer to help improve performance.
- I can highlight areas of strength and weakness in my own and others performance.
- I recognise how to improve in my own performance and seek out opportunities to do so, such as attending an extra-curricular or local club.