

Subject Knowledge Organiser

Gymnastics - Key Components of Fitness, Key Terms & Chronology

Key Components of Fitness for Gymnasts

A gymnast requires **flexibility** at the joints to allow for a larger range of motion around a joint.

A gymnast requires **muscular strength** to be able to balance on certain body parts. This is exerting their body against a given force.

A gymnast requires **power** in their arms and legs, which is speed x strength.

A gymnast requires **agility** to change direction at speed.

A gymnast requires **muscular endurance** to keep using the same muscle groups over and over again when performing a skill such as a forward roll.

A gymnast requires a certain levels of **speed** as they slow down their speed and increase their speed depending on the sequence they are performing.

Gymnastics Key Terms

Apparatus The equipment used in gymnastics.

Balance Position A static position, holding a distinct shape.

Dismount To leave an apparatus at the end of a routine.

Equilateral Triangle A triangle in which all three sides have equal length.

Jeté A move where the gymnast springs from one foot to the other.

Pike Body position where the body is bent forward 90 degrees at the waist with the legs kept straight.

Pivot A turn on the ball of the foot.

Plié Feet angled at 90 degrees.

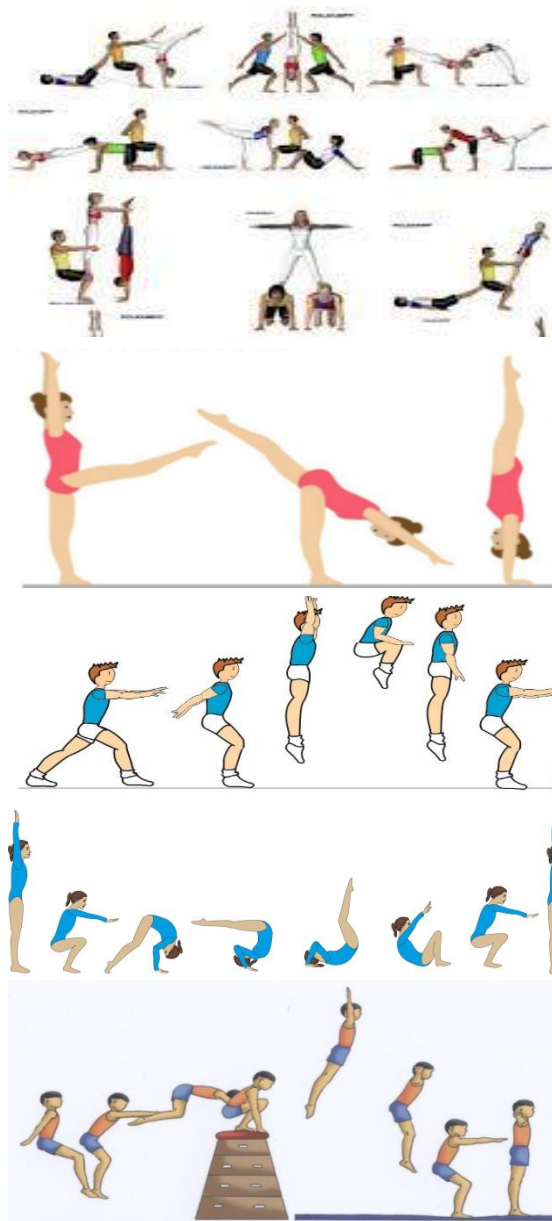
Routine A combination of moves and sequences performed on one apparatus.

Spotting Spotting a landing before take off.

Supporting When a second person assists the gymnast through a move and prepares to cushion them to avoid injury in the event of a fall.

Tuck A position where the knees are bent into the chest, with the body folded at the waist.

Walkovers A move where a gymnast transfers from a standing position to a handstand to a standing position.



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Gymnastics – Travelling, Jump, Roll, Weight on Hands, Balance & Vault

Travelling

Travelling in floor gymnastics is being able to move around the mat using different movements such as rolls, steps, turns, jumps, cartwheels, walkovers, handsprings, and being as creative as possible.

Standing Upward Jump

Bending your legs slightly, jump up while raising your arms forwards and upwards above your head. Keep your arms slightly in front of your body. As you land, it is important to keep your arms raised above your head, and place your feet slightly apart in the 'plie' position at an angle of 45 degrees, with your knees bent. As you make contact with the floor continue to bend the knees to absorb the downward force of landing. Bring your arms down sideways to stabilise the landing, without taking a step.

Forward Roll

From standing, crouch down. Place your hands on the floor in front of you, shoulder-width apart with your fingers facing forwards, while simultaneously placing your chin on your chest. This will ensure your hips are raised high enough and your spine is rounded so you can roll on to your back. Bend your arms as you place your neck on the floor, slightly extending the legs and pushing on the floor with your feet until the roll commences and you roll on to your back. Try to keep your legs straight as you commence the roll forwards. In the last part of the roll, bend your legs tightly so that your heels are close to your bottom. At the point where your feet contact the floor, stretch forwards with your arms so that your head and chest move over your feet. Once your body weight is in a position of balance you will be able to stand.

Cartwheel

Raise your hands above your head and place your leading leg forward. Reach forward to place the first hand (the hand on the same side as the leading leg) on the floor by bending your front leg and bending at the waist. When the first hand contacts the floor, straighten your front leg while kicking upward with your back leg over your head. Continue the movement by rocking over from your first to your second hand (which is still extended above your head). To do this, push strongly against the floor with your first hand, keeping your arms stretched up over your head. As your body rocks over your second hand, bring your second leg down to the ground and place it close to your second hand.

Headstand

Crouch down and place your hands and forehand on the floor to form an equilateral triangle. Your head should be approximately 30cm in front of your hands and your arms bent at an angle of 90 degrees. Extend your legs so that your pointed toes are resting on the floor. By pressing with your hands, slowly move your bottom over your forehead into a balanced position. Maintain the equilibrium by continually pressing with your hands. By exerting more pressure you will reach a point at which you can lift your feet from the floor. Continue to raise your legs above your head by pressing constantly against the floor with your hands. Make sure that your back is kept straight at all times by tightening your bottom and stomach muscles.

Headspring

To obtain the necessary height and rotation, a fast but controlled approached run is required. On take-off, drive your arms upwards and extend the body. Think of the lower body rotating over the upper body. You must still be moving upwards at the point when your hands strike the vault. In the strike phase, the angle of the body and the vault should be between 60 and 80 degrees to the vertical. Your hands should leave the box just before your body reaches the vertical. To achieve this the strike phase must be short and extremely powerful. During post-flight, keep the body as straight as possible. Just before landing, bend the knees.

Always remember: You need to make sure you show aesthetic appreciation when performing making sure arms and legs are kept as straight as possible where possible and your moves are controlled, smooth and balanced.

Progress Vocabulary: *Identify, Define, describe, explain, compare and contrast, sporting links, analyse, evaluate*