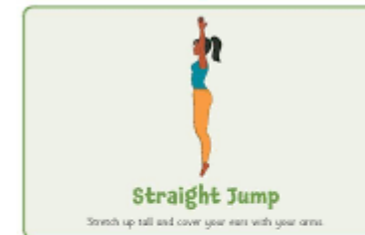




Physical Education - Gymnastics Year 8 Knowledge Organiser

Key words	Definition
Approach	How move to get to the sprint board or trampette
Take off	1 foot on the floor 2 feet into the springboard or trampette
Flight/Shape	The shape you create when in the air
Landing	Head up, eyes forward, Knees bent, both feet flat
Finish	Both arms fully extended next to your ears, fingers pointed up in the air, back and legs straight, holding for 3 seconds

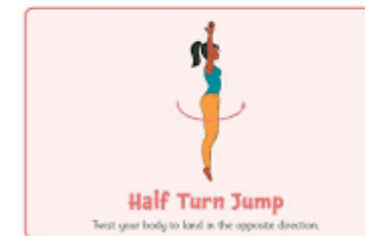
FLIGHT SHAPES



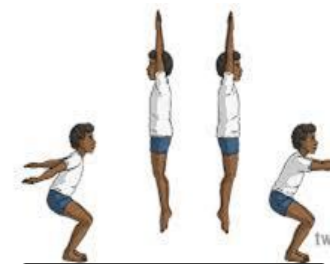
tuck



pike



straddle



Full Twist

SAFETY
1. HANDS MUST BE FLAT ON THE BOX
2. FINGERS FACING FORWARDS
3. HEAD UP



On to feet (squat on)
 Feet will be pointing upwards with the soles of your feet making contact with the box
On to knees
 Feet will be laid flat with the front of your foot making contact with the box



HOW TO DO A FRONT HANDSPRING VAULT



Straddle vault



Through vault

KEY VOCABULARY

Warm Up, Stretches, Triceps, Deltoid, Hamstring, Quadriceps, Approach, Take Off, Flight, Shape, Landing, Finishing position, Speed, Strength, Power, Body Tension, Springboard, Trampette, Vault, Box, Mats, Straight Jump, Tuck Jump, Straddle Jump, Pike Jump, Half Twist Jump, Full Twist, Dive Roll, Gate Vault, Straddle Vault, Through Vault, Handspring