

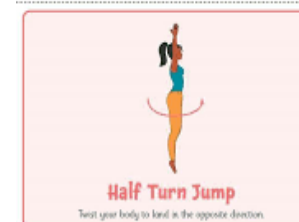
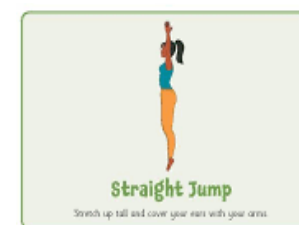


Physical Education - Gymnastics

Year 9 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

GYMNASTIC SHAPES



tuck



pike



straddle



Forward Roll

Aesthetically pleasing means when the dance is enjoyable to watch

SAFETY

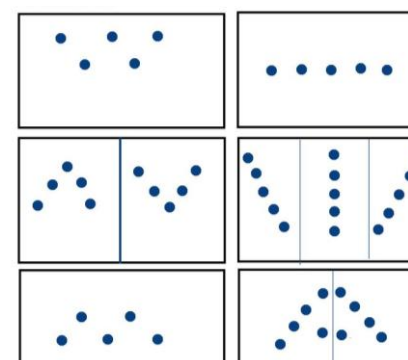
1. HANDS MUST BE FLAT ON THE BOX
2. FINGERS FACING FORWARDS
3. HEAD UP



On to feet (squat on)

Feet will be pointing upwards with the soles of your feet making contact with the box

Formations: Shapes and patterns created in space by others



HOW TO DO A FRONT HANDSPRING VAULT



Canon	Perform action one after the other
Unison	Perform an action all together at the same time

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