Knowledge Organiser: PE Year 8 Gymnastics

Skills

Key Words	Description	Coaching Points	Useful Information
Flight	Where a gymnast leaves the floor and lands again		A gymnast performs flight with grace and elegance
Jumping	The main form of flight, jumping can take many different forms e.g. tuck, straddle, pike, half turn	Take off can be from 1 or 2 feet and landing can also be on 1 or 2 feet. Tuck involves knees up to chest Straddle is where legs are extended straight but apart Pike is where legs are extended straight but together	Knees should always be bent on landing for safety
Turn	A change of direction when combined with a jump is called a half turn jump	Half turn is a straight jump in the air with arms above head as the half turn is performed	
Squat through	Performed over a box or horse	A vault performed with a 2 footed take off, tuck knees up to chest with hands on the box/horse and land the other side on 2 feet	A run up is needed and usually a springboard or trampette is used
Handspring	Performed over a box	A vault performed with a 2 footed take off, hands are placed on the box and the body is thrust over in a handstand position with a 2 footed landing on a mat	A fast run up is needed and a springboard or trampette is used for take off. A crash mat is needed for landing

Basic jumps

The Basic Shapes in Gymnastics

tuck   straddle   pike   split   straight stand

Squat through

Handspring over box

HOW TO DO A FRONT HANDSPRING VAULT

Effects of exercise

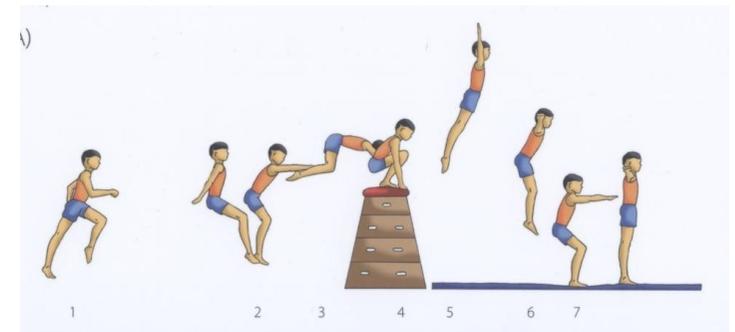| Short term	Long term
Increased muscle contractions Increased heart rate Increased rate of breathing	Increased bone density Heart muscle increases in size and strength Increased strength of diaphragm and intercostal muscles

Components of fitness

Component of fitness	Definition	Example of use in gymnastics
Power	To move or travel with great speed or force	A fast run up and powerful jump onto a springboard
Strength	Being physically strong to hold your body weight	Climbing the ropes
Flexibility	Being able to bend the body easily	Doing a straddle jump