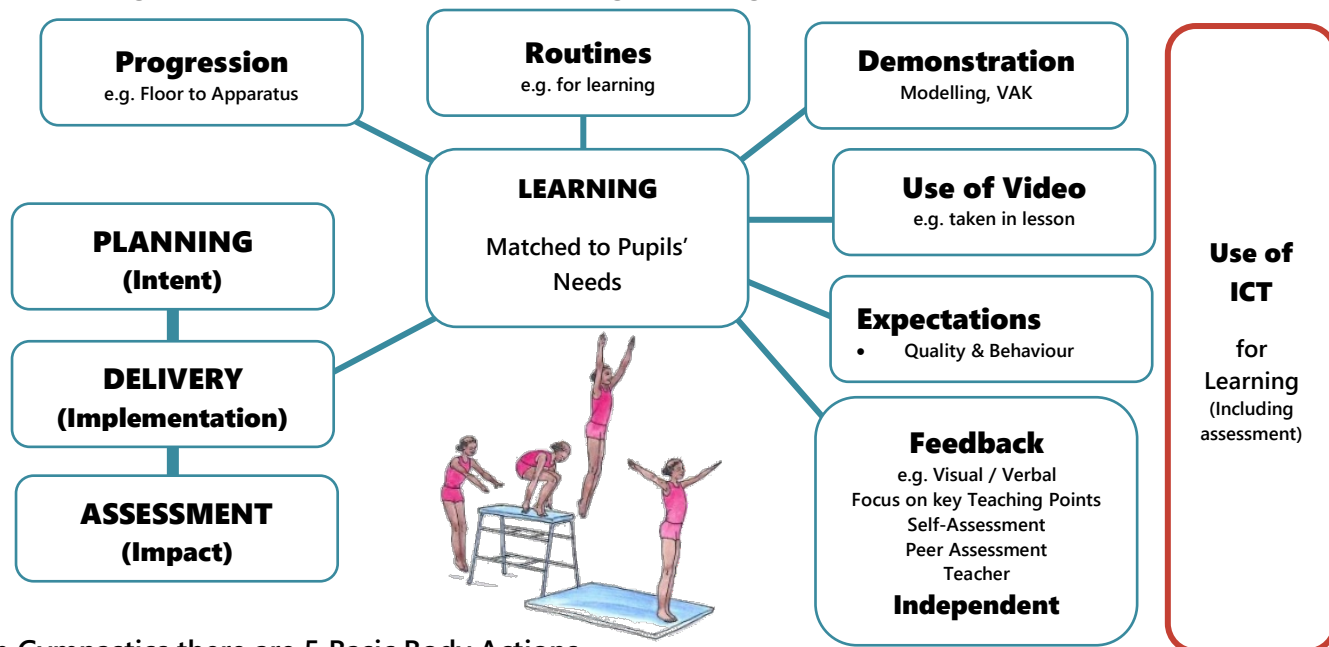


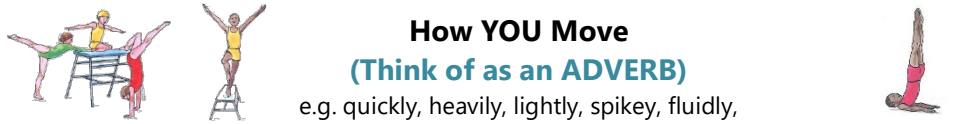
Planning Support Material – Understanding, Challenge, Differentiate, course support.



In Gymnastics there are 5 Basic Body Actions

TRAVEL TURN JUMP BALANCE BODY SHAPE

In Teaching Gymnastics we can build and extend learners knowledge, skills & understanding by using

DIRECTION	LEVELS	SPEED	SPACE	RELATIONSHIP
<ul style="list-style-type: none"> Pathways Different Body Parts Leading the Movement Over / under / through etc. 	<ul style="list-style-type: none"> High Medium Low On Apparatus Using a Partner 	<ul style="list-style-type: none"> Fast Medium Slow Pulse / Rise 	<ul style="list-style-type: none"> Where? How you travel / cover the area Where you start in relation to partner / group 	<ul style="list-style-type: none"> Matching / Mirroring Canon / Unison Compare / Contrast Action / Reaction Counter Tension / Counter Balance Symmetry / Asymmetry With each other
<p>How YOU Move (Think of as an ADVERB) e.g. quickly, heavily, lightly, spikey, fluidly,</p> 				

QUALITY OF MOVEMENT

Can you help your pupils by challenging them to practise, refine, adapt to show:-

- Control
- Coordination
- Accuracy / Precision
- Balance
- Agility
- Adapt (e.g. different types of wide positions – as above graphic, balance on smaller base)
- Extension & Tension (e.g. stretched arms, pointed fingers / toes as in graphic)
- Poise
- Flow / Fluidity (the end of one movement is the beginning of next)

