

Entry & Exit – creating Link & Flow, Aesthetics in Gymnastics

When considering developing pupils' work and progression in Gymnastics, two words in particular should be kept in mind – **Link** and **Flow**. As pupils progress across the key stages their work should:

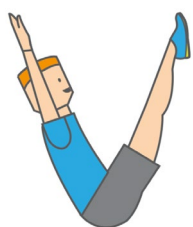
Continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement

National Curriculum for Physical Education (2014)

In terms of Gymnastics, developing greater competence and confidence to extend their agility, balance and coordination, individually and with others will require pupils to **link** individual components such as jumps, turns, balances etc. creating longer and more complex sequences (movement sentences) and in ways that allow the movements to **flow** into each other.

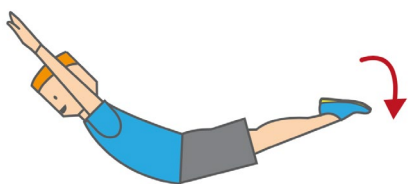
Entry and **Exit** as a tool to teaching Gymnastics and developing their knowledge, skills and understanding, simply means asking the pupils to think about how they get into a movement (jump, turn, travel, balance, body shape) – **Entry**, and then how they get out of it and into the next movement – **Exit**, linking them together. This creates **FLOW** – where a series of potentially isolated movements are linked in such a way that the end of one move flows smoothly, efficiently, effectively into the next becoming the start of that next movement. Creating an aesthetic which obviously links with Dance whilst helping pupils to **move efficiently and effectively** (Ofsted 2022).

Exemplification: *Balance, Travel (Roll), Balance, Balance with Body Shape*



V-Sit Balance

This might be the starting position – showing control, coordination, balance etc.



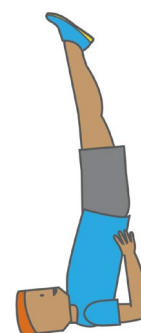
...into Log Roll.....

From the V-sit balance simply lie back down on the mat and assume a dish shaped position prior to rotating about the hips and through 360°



back to a V-Sit Balance & into...

This is created again by sitting up at the end of a 360° log roll. The two moves not only Link but should Flow smoothly and effectively



.... a Shoulder Stand!

As before by lying back down on the mat and then tucking up to extend the legs up above the head, bracing the hips with arms as in the diagram. This could be a finishing position for a simple sequence or simply be part of a sequence.