






















KS3 PE

Individual Gymnastic balances.

Difficulty	Tips	Balances							
★ ★	<ul style="list-style-type: none"> - Always complete on mat. - Ensure full extension. - Hold for 3s - Keep tension in your core. 	 THE PEG LEG	 PLANK	 SIDE PLANK	 SUNSHINE	 SITTING TOE TOUCH	 WARRIOR	 SIDEWAYS STRETCH	 DAZZLER
★ ★ ★	<ul style="list-style-type: none"> - Always complete on mat. - Ensure full extension. - Hold for 3s - Keep tension in your core. 	 HALFWAY HANDSTAND	 BROKEN CANDLESTICK	 BRIDGE	 TOE TOUCH	 TOE POINTER	 THE ANKLE HOLD	 CANDLESTICK	
★ ★ ★ ★	<ul style="list-style-type: none"> - Always complete on mat. - Ensure full extension. - Hold for 3s - Keep tension in your core. 	 TRIPOD	 ELBOW STAND	 SPLIT	 HANDSTAND	 HEADSTAND	 HANDSTAND STRADDLE		
<u>Routine Pointer:</u>	START: Balance → Travel → Balance → Travel → Balance: FINISH								

Key words:

Control.

Extension.

Tension.

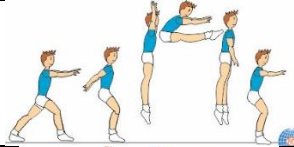
Balance.

Jumps

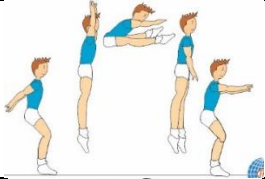
Tuck Jump



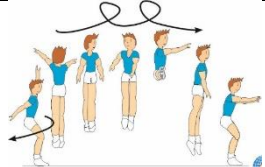
Pike Jump



Straddle Jump

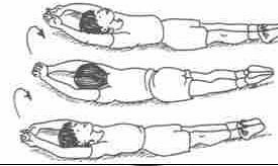


Half-twist Jump



Rolls

Log roll



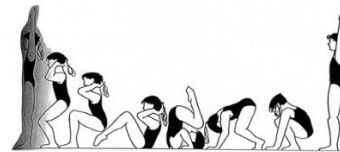
Teddy bear Roll



Forward Roll



Backward Roll



Gymnastic Routines

	<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>	<u>Platinum</u>
<u>Start</u>	Start	Start	Start	Start
<u>1</u>	'Side plank'	Pike Jump	Straddle Jump	Pike, Half twist
<u>2</u>	Teddy bear roll.	Forward roll.	Forward roll.	Straddle backward roll.
<u>3</u>	'Dazzler'	Half twist jump.	Half twist jump.	Forward roll.
<u>4</u>	Tuck Jump.	Cartwheel.	Cartwheel.	Half twist jump.
<u>5</u>	Log roll.	'Bridge'	'Bridge'	Handspring.
<u>6</u>	'Sitting toe touch'	'Candlestick'	Forward roll.	'Handstand'.
<u>7</u>	Teddy bear roll.	Teddy bear roll.	'Headstand'	Full twist Jump.
<u>8</u>	'Peg leg'	Half twist jump.	Backward roll.	Pike forward roll.
<u>9</u>	Tuck jump.	Forward roll.	Full twist jump.	Backward roll.
<u>10</u>	'Sunshine'	Full twist jump.	'The ankle hold'	'Elbow stand'
<u>Finish</u>	Finish	Finish	Finish	Finish
	L D P M	L D P M	L D P M	L D P M

- Have I kept control?

- Have I kept tension?

- Am I aesthetically pleasing?

- Do I have a clear start and finish?

- Are my transitions smooth?

- Have I held my balances?

- How could I improve further?