



Physical Literacy Through *Gymnastics*

**PHYSICAL
LITERACY**

Rules

- Gymnasts cannot step off the floor mat boundary during their routine.
- Each gymnast starts with 10.0 and deductions are made for poor accuracy or falls.
- Set elements are required for maximum points.
- Gymnasts are expected to use the entire floor area for the routine and tumble from one corner to the other.
- Balances should be held for 2 seconds.
- Team and individual competitions can take place.



Skills

Fundamentals	Relationship Skills	Group Skills
<ul style="list-style-type: none"> • Shapes • Travel- -Roll -Walk -Skip -Run -Slide -Gallop 	<ul style="list-style-type: none"> • Partner Balances • Counter Balances • Gesture-Click, clap, crouch, hide differences 	<ul style="list-style-type: none"> • Group Balances • Group tension • Flight • Rotation-Twist, spin, cartwheel, roll, pirouette

Fitness



Fundamentals	Relationships	Group
<ul style="list-style-type: none"> • Body tension • Link • Clarity • Aesthetics • Start and finish position • Fluency • Control • Jump-Tuck, star, leap, hop • Individual balances • Pathways • Focus • Stretch 	<ul style="list-style-type: none"> • Relationships • Pathways • Formations • Levels 	<ul style="list-style-type: none"> • Group Balances • Group tension • Flight • Supported flight • Landing • Equipment use

Tactics/ Choreography

Behaviours



Half Term Theme	Personal Dev.	Social Dev.	Leadership Dev.
1-Competence	Personal effort, gov. recs, fundamental movements	Team effort, teamwork skills, gov. recs	Effort as a leader, developing skills of others
2-Confidence	Self-confidence, self-respect	Team confidence, respect for others	Confidence to be aspirational and lead, respecting followers
3-Motivation	Intrinsic and extrinsic motivation, target setting	Team motivation, short, medium- and long-term targets	Motivation as a leader, SMART target setting
4-Communication	Verbal and non-verbal, internal dialogue	Active listening, team belonging,	Autocratic, democratic, clarity
5-Resilience	Personal resilience, growth mindset, fixed mindset	Team resilience, positivity, conflict resolution	Leadership resilience, challenging negativity, purpose
6-My Physical Literacy	Lifelong participation, current personal development, further opportunities	Lifelong participation, current social development, further opportunities	Lifelong participation, current leadership development, further opportunities