

Physical Literacy Through Gymnastics





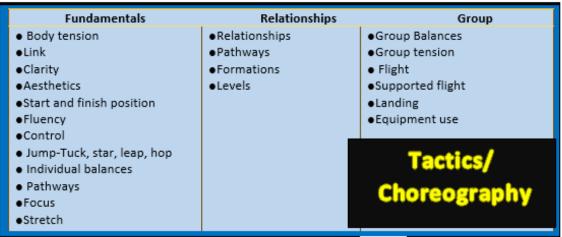
- · Gymnasts cannot step off the floor mat boundary during their
- Each gymnast starts with 10.0 and deductions are made for poor accuracy or falls.
- Set elements are required for maximum points.
- Gymnasts are expected to use the entire floor area for the routine and tumble from one corner to the other.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





Fundamentals	Relationship Skills	Group Skills		
 Shapes 	Partner Balances	●Group Balances		
Travel-	Counter Balances	Group tension		
-Roll		Flight		
-Walk	●Gesture-Click, clap,	■Rotation-Twist, spin,		
-Skip	crouch, hide	cartwheel, roll, pirouette		
-Run	differences			
-Slide				
-Gallop				
Fitnese				





Behaviours



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