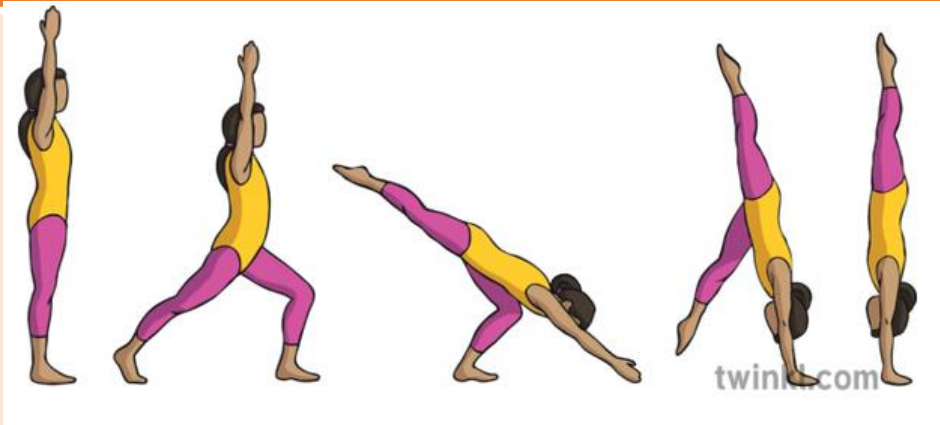


Year 6 Gymnastics

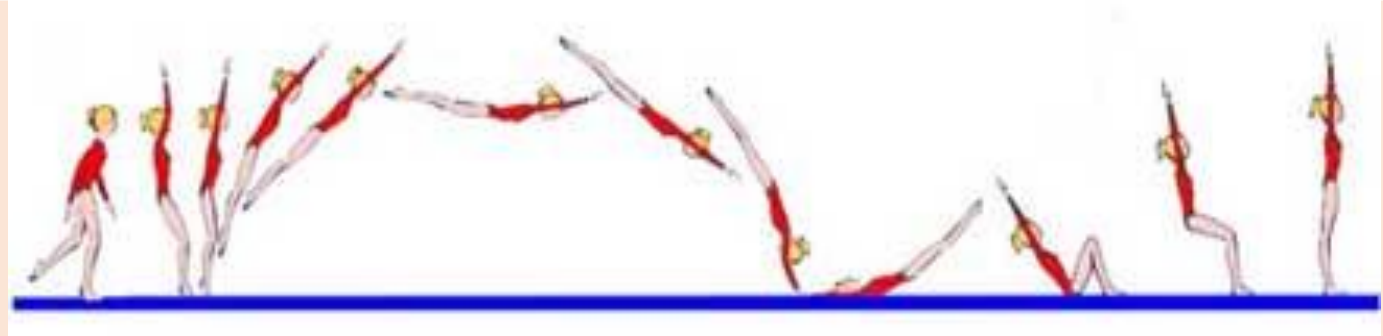
Handstand Practice

In preparation for Handsprings



- Bring your chest as quickly as possible to the thigh of your bent lunging leg and keep your eyes looking at your hands
- Push quickly and strongly off your bent lunging leg and swing the back leg upwards to help you achieve a Handstand
- Once in the Handstand grow into a straight shape by pushing through your hands and shoulders
- Feel the balance in Handstand
- Come back down one leg at a time, pass through forward lunge position as you return to standing
- Stand straight and tall to finish with your arms above your head.

Dive Forward Rolls



- Swing your arms above your head and keep your feet together
- Imagine there is an invisible bar in front of you that you need to dive over and past to land safely.
- Keep your chin tucked to your chest
- Your hands, whilst still above your head, should be the first contact with the mat.
- Use your hands to control your landing
- Roll onto your shoulders and then back – Not your head!



Keyword	Definition
Tension	Tightening muscles to help you maintain a posture.
Extension	Stretching or straightening your limbs.
Technique	The method of doing or performing something

Flight

Using the springboard and trampette

You will use your knowledge of how to perform basic shapes with tension and extension to help you with jumping from the springboard and trampette.

The 3 parts of a jump

- The take off
- The flight
- The Landing

