

KEY RULES

Game Basics: Gymnastics develops strength, flexibility, control, and confidence through movement. It teaches children to balance, roll, jump, and travel safely using both floor and apparatus. Each movement focuses on precision, body tension, and smooth transitions. Pupils learn to control their bodies, perform with confidence, and link movements together into sequences.

Balance and Control: Children learn to balance on both small and large body parts while keeping control and showing good body tension. Core strength and alignment are vital to holding positions steadily. Balances are performed at different heights and shapes to show creativity, including point (hands and feet) and patch (larger body parts like back or stomach) balances. Control is shown when entering and exiting each move safely.

Jumps and Leaps: Jumps and leaps help develop power and coordination. Children practise taking off and landing safely with bent knees and soft feet to absorb impact. Different shapes such as star, tuck, and straight are explored. Twists and turns ($\frac{1}{4}$, $\frac{1}{2}$, or full) are introduced as control improves, always focusing on safe technique and body tension.

Rolls and Travel: Rolling develops flexibility and coordination while teaching safe use of momentum. Children perform rolls in tucked, straight, or side positions, always keeping chins tucked to protect the neck. Travelling in different ways – crawling, sliding, skipping, or leaping – builds control and spatial awareness. Combining rolls with balances and jumps helps pupils create smooth, connected sequences.

Sequences and Performance: Children plan short routines that link skills such as balances, rolls, jumps, and turns. Each sequence should have a clear start and finish position, showing control and creativity. Working in pairs or small groups encourages teamwork, timing, and peer feedback. Pupils learn to observe and describe performance using correct gymnastic terms.

Fair Play and Safety: Safety is a top priority in gymnastics. Children must listen carefully to instructions, use mats correctly, and perform only when there is enough space. Long hair should be tied back and jewellery removed. Everyone is encouraged to perform confidently and celebrate effort, control, and improvement.

USEFUL LINKS

British Gymnastics: british-gymnastics.org

Gymnastics Northern Ireland: british-gymnastics.org/northern-ireland

Your School Games Gymnastics: yourschoolgames.com/taking-part/our-sports/gymnastics