

Gymnastics is an **Olympic** sport that requires a combination of **strength, flexibility, coordination, and balance**. At competitions, judges award points to Gymnasts for performing good quality leaps, jumps, turns, and acrobatic skills.



Simone Biles

Club/Gym: World champions centre

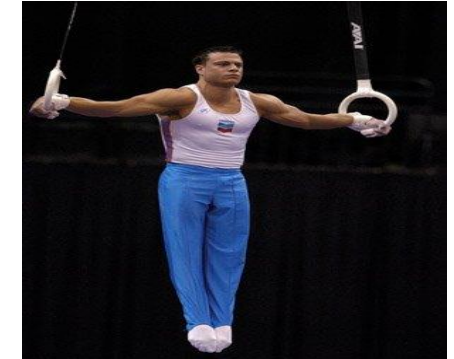
National Team: USA

Fact: Simone Biles has won 7 Olympic gold medals.

pace jumping timing

movement technique

coordination



STEPS TO SUCCESS

These are the skills I need to achieve success in UKS2 Gymnastics:

To show flexibility and technique when performing gymnastic elements.

To create longer sequences.

To travel fluently on the floor and on/off apparatus.

To show rhythm and creativity when working with others.

To travel with confidence choosing different pathways.

To perform in front of an audience.