

Integrated unit: Gymnastics Level 1, Unit 3 – Muscular strength and endurance

LEARNING OUTCOMES

The student will:

- *understand the role of muscular strength and endurance when performing balancing weight tasks and travelling*
- *explain some of the health benefits of muscular strength and endurance.*

EQUIPMENT

CLASS ORGANISATION

STAGE	CONCEPT	CONTENT / ACTIVITY	TEACHING POINTS
<p><i>Warm up & stretching</i></p>			<p><i>Muscular endurance and strength helps you to avoid injury, to tire less quickly, to look better to perform tasks with more ease and to be healthier.</i></p> <p><i>Muscle accounts for 40% of your body weight.</i></p> <p><i>There are 650 skeletal muscles in our body.</i></p>
<p><i>Development</i></p>			<p><i>In gymnastics students can enhance their strength by jumping, springing, lifting, hopping, landing, holding moments of stillness, supporting</i></p> <p><i>The muscular system allows you to maintain body position and to move body parts.</i></p> <p><i>Combining flexibility with muscular strength enables the performer to maintain the full range of movement</i></p>
<p><i>Cool down</i></p>			<p><i>The demands of everyday life require a low to medium intensity level of muscular endurance.</i></p> <p><i>Muscular endurance enables you to hold your body posture.</i></p>