

TOPICS AND LEARNING OUTCOMES

Gymnastics seeks to provide a context for aesthetic experience and the opportunity to develop personally, socially, and physically through participation in gymnastics in a safe and enjoyable environment. In this activity the student aims to develop body management and awareness through movement, with a focus on precision and form. This latter emphasis distinguishes the learning in gymnastics from that in the majority of other physical education activity areas.

Gymnastics seeks to develop in the student:

- skilful and creative mastery of the body in a gymnastic context
- enhanced knowledge and understanding of gymnastics as an aesthetic experience
- enriched personal and social development through interaction with others in a variety of structured contexts.

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TOPICS

Themes

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- travelling
- balance
- weight transference
- symmetry/asymmetry

Movement vocabulary

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Based on the activities of

- rolling
- balance
- inversion on hands
- flight

Qualitative focus

Involves attention to

- technique
- body poise
- control of muscular tension
- variety
- appropriateness

- continuity of action
- phrasing
- creativity

Relationships

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- individual
- partner work

- non-contact

(matching/mirroring)

- contact (assisted

balance/obstacles etc.)

LEARNING OUTCOMES

On completion of this area of study, students should be able to

- perform appropriate actions relating to the themes of travelling, balance, weight transference, symmetry and asymmetry
- demonstrate control of muscular tension and body poise
- refine and increase the technical competence of their actions
- show an ability to link movements and demonstrate an understanding of the basic concepts of space and time
- demonstrate an ability to select, create, and perform a short sequence based on specific themes
- observe and analyse the work of others, demonstrating an understanding of the criteria for appreciation.