

Year 7 Gymnastics

Recap

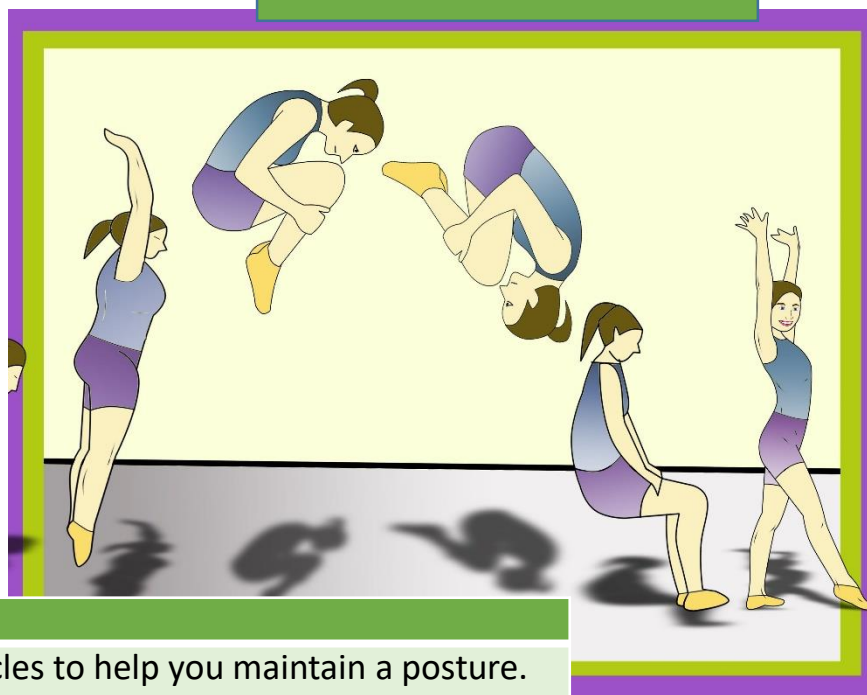
Basic shapes in flight and Dive Forward Rolls



How to perform a Somersault

- Land on trampette in a straight shape with arms straight up by your ears.
- Pull your legs up into a tuck - legs come up rather than nose diving down!
- On landing bend knees to absorb landing
- You will need height to give you enough time to get your body into the correct position.

Somersaults



| 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 |
| Progression | The process of moving towards something you want to achieve |
| Speed | How quickly an individual can move |
| Power | The ability to use strength at speed |

Progressions to Somersaulting

(Know, coach & attempt)

1. From springboard perform basic shape jumps to practice good body tension and control whilst in flight. Front tuck set position is especially important (straight shape up onto box). Tuck jump with arms swinging down - land on springboard or trampette with arms up.
2. From springboard – low flight dive forwards roll onto mats.
3. From trampette – dive roll onto stacked mats. Take hands away when ready. Ensure safe landing – always on flat feet/bottom.
4. From trampette – $\frac{3}{4}$ somersault to bottom on stacked mats. Pupils will gradually begin to land on their feet naturally and their back will touch the mats less as they get more spatial awareness
5. From trampette – front somersault to feet – with support if required.