

## Knowledge Organiser: PE Year 9 Gymnastics

### Skills

Key Words	Description	Coaching Points	Useful Information
Balance	A static position, which holds the body in a distinct shape		Balances can be on large or small parts of the body and should be held for the count of 5
Headstand	A balance using 3 small points of contact with the ground (both hands and the head)	In a squat position place the hands a little wider than shoulder width apart Place the top of the head in front of the hands to form a triangle base Taking the weight on the 3 points of contact walk the feet towards the head maintaining a tuck position Extend legs upwards and point toes	The forehead must not be balanced on for safety it must only be the top of the head
Handstand	A balance upside down using inly the 2 hands to take the body weight	2 hands are placed on the mat a little wider than shoulder width Legs are kicked up on after the other into an upright position and held straight	A partner can be used for support
Counter balance	Counter balance is where gymnasts push against a partner to perform a balance	All counter balances are performed with body tension and control	
Counter tension	Counter tension is when gymnasts perform a balance which involves two or more of them pulling away from each other	Counter tensions are all performed with body tension and control	

### Headstand



### Counter balance



### Effects of exercise

Short term	Long term
Increased muscle contractions Increased heart rate Increased rate of breathing	Increased bone density Heart muscle increases in size and strength Increased strength of diaphragm and intercostal muscles

### Components of fitness

Component of fitness	Definition	Example of use in gymnastics
Balance	Holding one position under control	Holding a handstand
Strength	Being physically strong to hold your body weight	Supporting a partner during a balance
Flexibility	Being able to bend the body easily	Doing the splits

### Counter tension

