



Gymnázium, Brno, Slovanské nám. 7

WORKBOOK

www.agb.gymnaslo.cz



Subject: P.E.

School year:/.....

Gymnastics	OUTCOMES
1 GRADE	Able to perform a number of agility's rolls and balances with reasonable control and can use these to make up a simple sequence. Tries to improve own performance after seeing others and can suggest ways they may improve. Can suggest why it is important to warm up before gymnastics. Understands need to warm up and the importance of making health lifestyle options.
2 GRADE	Able to perform all of the basic techniques, agility's and balances with little help. Style and control are present but sometimes variable, however sequences do show fluency. Able to experiment and plan own sequences and help others with their work. Can identify good performances. Can conduct a suitable warm up and explain why exercise is good for health and a sustainable life.
3 GRADE	Able to perform most of the basic agility movements and developed some advanced routines. Sometimes requires support, showing increased precision and control and fluency. Able to link movements together with reasonable precision. Demonstrates creativity with partner sequences and balances. Can see the difference between their performances and others and use this knowledge to improve. Applies basic safety principles. Can explain how gymnastics improves overall fitness level.



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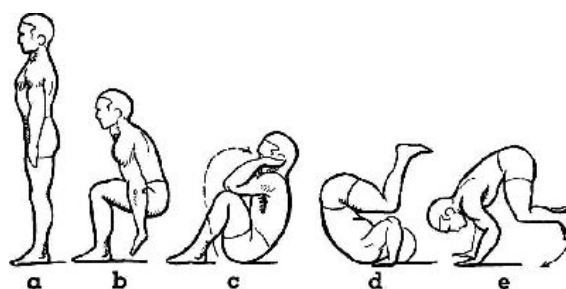
4 GRADE	<p>Able to perform all of the basic techniques, agility's and balances with little help. Style and control are present but sometimes variable, however sequences do show fluency. Able to experiment and plan own sequences and help others with their work. Can identify good performances. Can conduct a suitable warm up and explain why exercise is good for health and a sustainable life.</p> <p>Able to select and combine a range of techniques, skills and apply them appropriately. Movements flow together and are at the right pace demonstrating control and precision. Able to use knowledge of own and others abilities to develop group sequences and can analyse performances and make some suggestions on how to develop further.</p>
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Basic skills

Backwards Roll

The backwards roll is all about pushing with the arms. A very common error is to roll over one side of the head. The gymnast must place their hands flat on the floor fingers towards their shoulders as they roll back.

- A good drill to establish this is to have the gymnast roll back place their hands flat on the floor by their head and roll back to a stand
- Doing backwards rolls down an incline mat will help develop a feel.
- Be sure to encourage the gymnasts to land on their feet and not their knees. It's an easy thing to fix early, much harder if it gets to be habit.

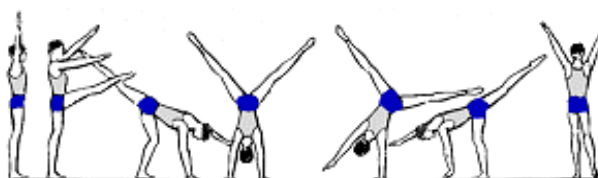


Backwards Roll (<http://www.aktin.cz>)

Cartwheel

Start with cartwheels over a panel mat. Just having the gymnast stand straddled over the mat, place their hands on the mat, then jumping from foot to foot helps get a start.

- (For left cartwheel). The gymnast should stand perpendicular to the mat with their left foot touching the right end of the mat. Then reach forward place their left hand on the close side of the mat kick their right leg as they place their right hand on the far side of the mat then landing on their right leg on the far side of the mat.



Cartwheel (<http://www.zcu.cz>)



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Forward Roll

To start the roll the gymnast needs to squat knees together and place both hands flat on the floor in front of themselves.

- The gymnast should then tuck their head down while pushing with their legs. They should be sure to keep some weight supported with their arms.
- Gymnasts should be encouraged to stand up without pushing on the floor with their hands. A good drill is to have the gymnasts rock onto their back and roll up to their feet keeping their arms straight out in front.

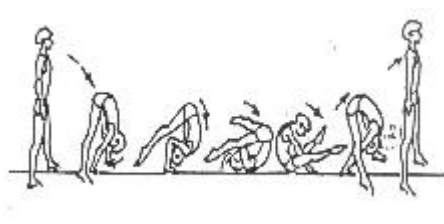


Forward Roll (<http://physedclass.wordpress.com>)

Forward Straddle Roll

Forward straddle rolls are good development for stalders and other skills when done properly.

- If a beginning gymnast is very inflexible working this is moot until they have gained some flexibility.
- The gymnast should think about lifting their toes as their feet approach the floor. Their hands should be pushing on the floor before their feet touch.
- Work towards the straddle roll becoming a staldler press to stand



Forward straddle roll (<http://explow.com/>)

Handstand

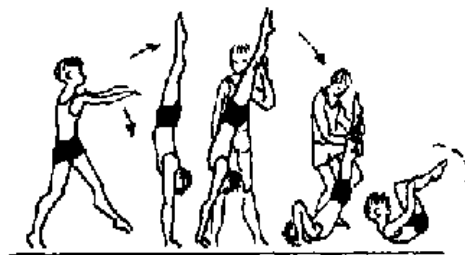
One of the most important skills in gymnastics is a good solid tight handstand. Without it a majority of other skills will suffer.

- The handstand should be as tall as possible. The gymnast should be stretching upwards towards the ceiling and staying hollow.
- The best way to get comfortable in a handstand is to do a lot of handstands. Have handstand contests, work timed handstands for conditioning. Walk around on your hands whenever possible.
- A gymnast should be able to look at their toes while in a handstand. Doing this requires the handstand to be tight and hollow.

Handstand Forward Roll

Do a handstand, belly in, against a wall or upright wedge. Hands should be about 6-8" away from the mat or wall. With body tight, and hollow (only feet touching the surface) lean through the shoulders keeping arms straight, looking at toes and roll.

- A proper handstand forward roll is important for positions and to generate roll speed for other skills. Encourage gymnasts to extend their roll as much as possible.

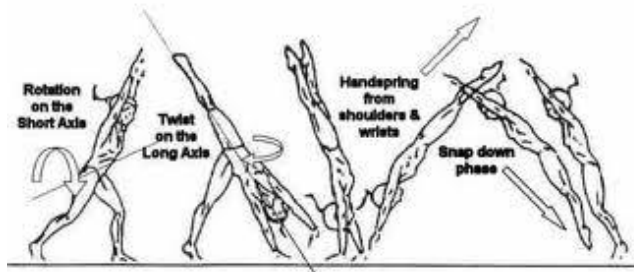


Handstand Forward Roll (<http://www.conet.cz>)

Round Off (Arab spring)

One of most important skills for floor. Frequently when a gymnast is unable to do a double back, full-in, or other high level back tumbling skill, the round off is where the problems begin.

- A deep lunge and long reach are important to generate the proper momentum.
- An aggressive blocking off of the hands and snapping of the feet are necessary to turn the round off over sufficiently for a stretched back handspring.
- As for back handsprings, handstand snap downs will help to improve this skill.
- It is important that the gymnast not leap into the round off. The second foot should not leave the floor before the first hand contacts the floor.
- The round off should finish in such a way that the gymnast should half to run backwards to avoid falling. The feet should finish in front of the rest of the body with the arms up and a hollow tight body.
- The gymnasts head needs to be kept in throughout the skill. Leaving the head out causes the round off to go around the side rather than over the top.
- Work roundoffs over stacked mats, or mat shapes to jump back onto 8 inch mats stacked on to cheese mats.



Round off (<http://www.acroschool.com>)

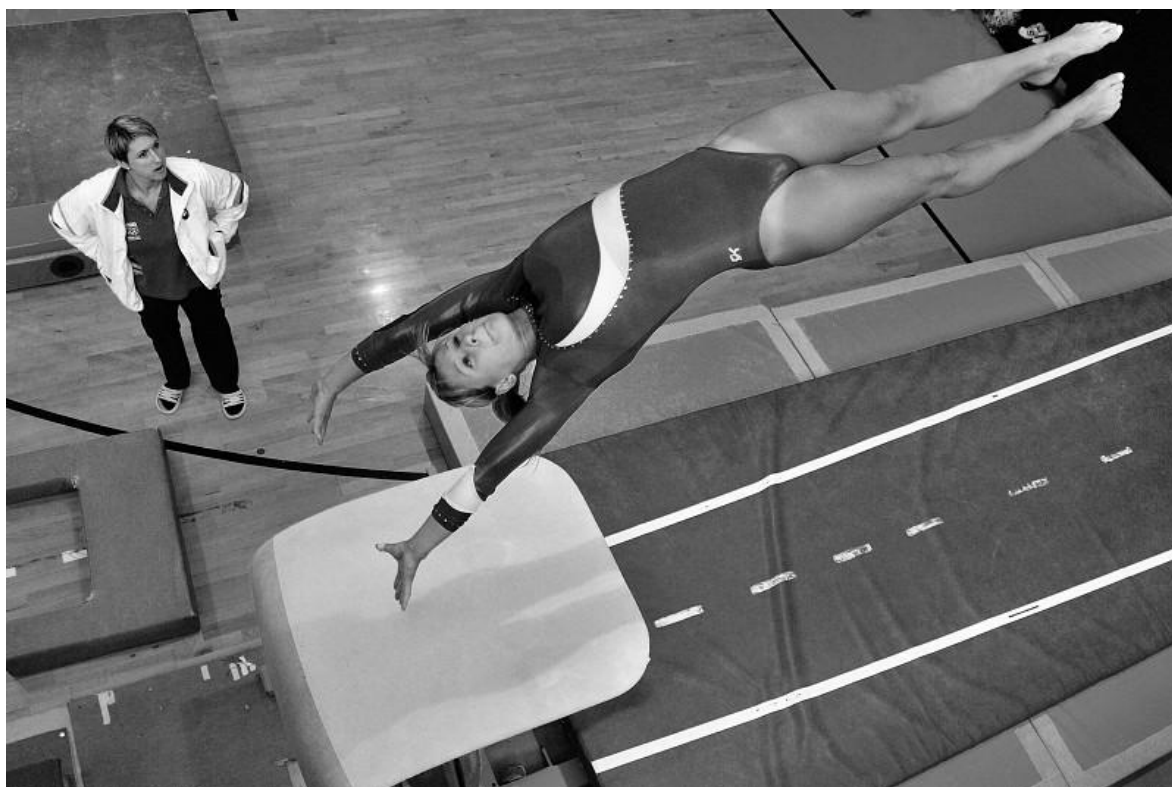
Different Forms Of Gymnastics

Artistic Gymnastics is usually divided into Men's and Women's Gymnastics, each group doing different events; Men compete on Floor Exercise, Pommel Horse, Still Rings, Vault, Parallel Bars, and High Bar, while women compete on Vault, Uneven Bars, Beam, and Floor Exercise. In some countries, women at one time competed on the rings, high bar, and parallel bars (for example, in the 1950s in the USSR). Though routines performed on each event may be short, they are physically exhausting and push the gymnast's strength, flexibility, endurance and awareness to the limit.

Women's events

Vault

In the vaulting events, gymnasts sprint down a 25 meter (about 82 feet) runway, jump onto a springboard and onto the vault in a straight body position, touching the vault with their hands and blocking off it.



Vault(<http://www.fotoaparar.cz>)

Uneven Bars

On the uneven bars (also known as **asymmetric bar**), the gymnast navigates two horizontal bars set at different heights. The height is generally fixed, but the width may be adjusted.



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Uneven Bars(<http://www.hzsd.ca>)

Balance Beam

Apparatus norms set by the [International Gymnastics Federation](#) (used for Olympic and most elite competitions) specify the beam must be 125 cm (4' 1") high, 500 cm (16' 5") long, and 10 cm (4") wide. The event requires in particular, balance, flexibility and strength.



Balance Beam(<http://www.sportklub.umb.sk>)



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Floor

Gymnasts perform a choreographed exercise 70 to 90 seconds long. The music is instrumental and cannot have vocals. The routines consist of tumbling passes, series of jumps, dance elements, acrobatic skills, and turns. The exercise is performed on a carpeted, spring floor, 12 m x 12 m. A gymnast has three or four tumbling passes that include three or more tricks.



Floor(<http://onlineathens.com/>)



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Men's events

Floor Exercise

The floor event occurs on a carpeted 12m × 12m square, usually consisting of hard foam over a layer of plywood, which is supported by springs or foam blocks. The gymnast must also show non-acrobatic skills, including circles, scales, and presses. Men's floor routines usually have four passes that will total between 60–70 seconds and are performed without music, unlike the women's event. Rules require that gymnasts touch each corner of the floor at least once during their routine.



Floor(<http://www.examiner.com>)

Pommel Horse

The ultimate balancing act, gymnasts must perform continuous circular movements around the horse while allowing only their hands to actually touch it. This is considered one of the most difficult of the men's events and requires flawless control of balance and body position.



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Pommel Horse(<http://en.beijing2008.cn>)

Still Rings

Still Rings is arguably the most physically demanding event. The rings are suspended on wire cable from a point 5.75 meters off the floor, and adjusted in height so the gymnast has room to hang freely and swing.



Still Rings(<http://www.zimbio.com>)



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Vault

Gymnasts sprint down a runway, which is a maximum of 25 metres in length, before hurdling onto a spring board.



Vault(<http://radheart.com>)

Parallel Bars

Men hold themselves on two bars slightly further than a shoulder's width apart and usually 1.75m high while performing a series of swings, balances, and releases that require great strength and coordination.



Baralell Bars(<http://www.illinihq.com>)

High Bar

Leather grips are usually used to help maintain a grip on the bar.



High Bar(<http://www.guardian.co.uk>)

Rhythmic gymnastics is competed only by women (although there is a new version of this discipline for men being pioneered in [Japan](#), see [Men's rhythmic gymnastics](#)), and involves the performance of five separate routines with the use of five apparatus — ball, ribbon, hoop, clubs, rope — on a floor area, with a much greater emphasis on the aesthetic rather than the acrobatic. Rhythmic routines are scored out of a possible 20 points, and the music used by the gymnast can contain vocals, but may not contain words.

Aerobic gymnastics involves the performance of routines by individuals, pairs, trios or groups up to 6 people, emphasizing strength, flexibility, and aerobic fitness rather than acrobatic or balance skills. Routines are performed on a small floor area and generally last 60-90 seconds.

Trampolining consists of four events, individual, synchronized, double mini and trampoline. Only individual trampoline is included in the Olympics. Individual routines involve a build-up phase during which the gymnast jumps repeatedly to achieve height, followed by a sequence of ten leaps without pauses during which the gymnast performs a sequence of aerial tumbling skills. Routines are marked out of a maximum score of 10 points. Additional points (with no maximum) can be earned depending on the difficulty of the moves. Synchronized trampoline is similar except that both competitors must perform the routine together and marks are awarded for synchronicity as well as the form of the moves.

Clubs in Brno



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Sokol Brno 1 - Pilates

Adresa: TJ Sokol Brno I, Kounicova 20/22, Baletní sál (2. patro)

Sportovní klub GiTy Moravská Slavia Brno

Adresa: Vojtova 785/14, Brno-Štýřice

Sportovní klub moderní gymnastiky Mantila Brno

Adresa: Jírovcova 543/9, Brno-Kohoutov

Vocabulary

Cartwheel	Hvězda
Výpad	Lunge
Rotations	Obrat
Pancake	Hluboký předklon v širokém sedu roznožném(Placka)
Knee-bend	Dřep
Push up position	Vzpor
Headstand	Stoj na hlavě
Candlestick	Svíčka
Handspring	Přemet
Split	Šňůra
Vault	Přeskok



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Bridge	Most
Floor mat	Žíněnka
Pike	Sed,Hluboký předklon
Straddle	Široký sed roznožný

Sources

<http://en.citizendium.org>

www.wikipedia.org

<http://students.depaul.edu/>

<http://vseosportu.unas.cz>

<http://encycl.opentopia.com>



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