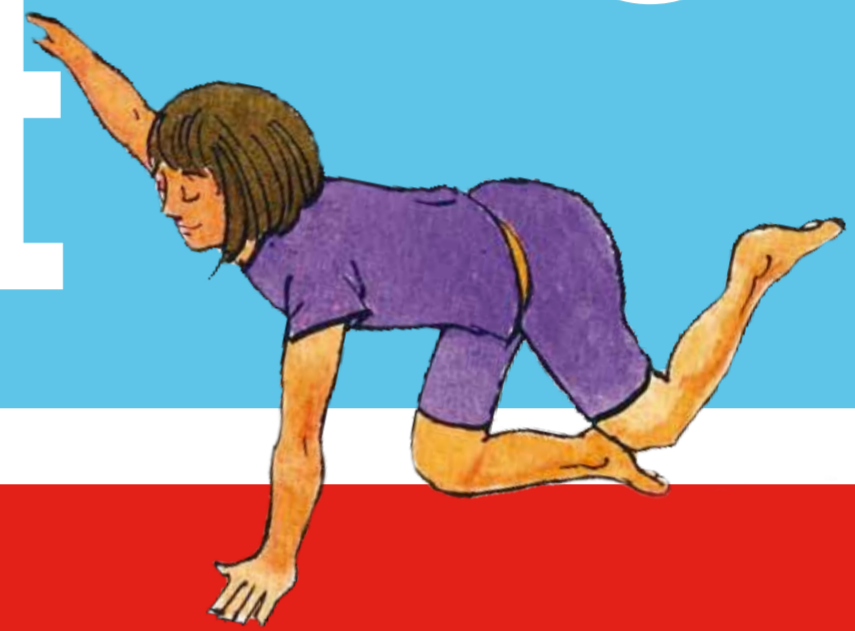




TOP Gymnastics

Developing Movement



WHAT can my body do?



BALANCE
TRAVEL
SHAPE
ROLL
JUMP, LEAP and TURN

WHERE can my body move?

DIRECTION forward, backward, sideways, diagonally, up, down
PATHWAY straight, curved, zig-zag, spiral
SPACE general, personal
LEVEL high, low



HOW can my body move?

PATTERN
IN UNISON moving at the same time as partner or group
IN CANON performing the same movement one after the other

WHO/ WHAT is involved?

PEOPLE on own, with partner, small group, whole group
PROPS ropes, beanbags, balls, hoops etc.
APPARATUS mats, beams, movement tables, trestles, A-frames, ladders, benches, bird perches, climbing frames, bars, spring boards, box tops etc.

