

ProgressiveSports®

Gymnastics Resources

Arch

Postural Shapes



Learning Points:

- Legs together.
- Back arched.
- Full extension.
- Shoulders & toes lifted off floor.

Front Support

Postural Shapes



Learning Points:

- Hands flat & facing forward.
- Back flat.
- Head in line.
- Shoulders over hands.

Straddle

Core Shapes

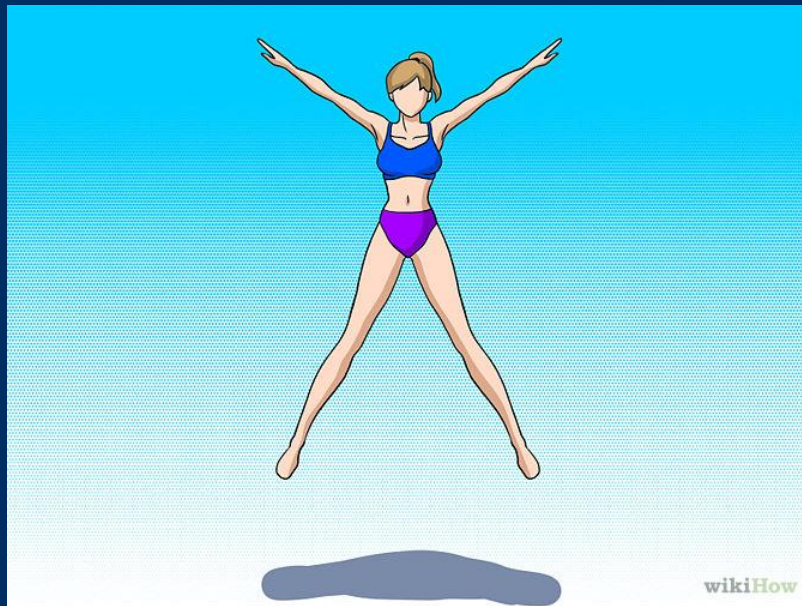


Learning Points:

- Legs wide.
- Legs straight.
- Toes pointed.
- Tight body.
- Star shape with a 90-degree angle at the hips.

Star

Core Shapes



Learning Points:

- Legs wide.
- Legs straight.
- Toes pointed.
- Extended shape.
- Flat shape.

Pike

Core Shapes



Learning Points:

- Arms and legs are straight.
- Toes pointed.
- Stretch position with 90-degree angle at the hip.
- Tight body.
- Flat back.

Bridge

Core Shapes



Learning Points:

- Arms shoulders width apart.
- Arms straight.
- Legs together.
- Hands shoulder width apart.

Tuck

Core Shapes



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Learning Points:

- Knees together.
- Knees bent up to tummy.
- Chin on chest.
- Back rounded.
- Small, compact shape.

Dish

Core Shapes



Learning Points:

- Legs straight & together.
- Shoulders & toes lifted off the floor.
- Arms straight and by ears or by side of thighs.
- Full extensions.
- Using stomach muscles.

Stretch



Core Shapes

Learning Points:

- Legs together.
- Arms stretched by ears.
- Body tight.
- Body stretched.
- Long.
- Narrow.
- Extended.

Basic Stretch

Jumping actions



Learning Points:

- Maintain the Shape.

Take off phase:

- Bend knees.
- Swing arms upward.

Flight phase:

- Back straight.
- Toes pointed.

Landing phase:

- Knees bent slightly.
- Press heels to the floor.

Basic Star



Jumping actions

Learning Points:

- Maintain shape.

Flight phase:

- Swing arms outward to a V position.
- Toes pointed.
- Legs straight.
- Legs swing wide.
- Land with feet together with bent knees.

Tuck

Jumping actions



Learning Points:

Take off phase:

- Jumping upward and lift knees to tummy.
- Keep back straight.

Flight phase:

- Point the toes in a tuck.
- Stretch out of the tuck before landing.

Landing phase:

- Knees bent slightly.

Balance on Points

Balancing actions



Learning Points:

- Keep body tight.
- Keep weight distributed within base.
- Control the way you get into/out of balances.
- Hold all balances for 3 seconds.
- Points can be small and large body parts.

Stalk Stand

Balancing actions

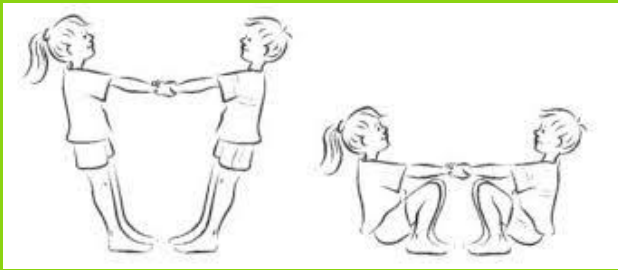


Learning Points:

- Keep body upright.
- Keep head up and look forward.
- Extend feet of non-supporting leg.

Partner Balances

Balancing actions



Learning Points:

- Push and pull balances or counter and tension balances.
- Box balance.
- Top postural balances.

Balance on Apparatus Balancing actions



Learning Points:

- Keep body tight.
- Keep weight distributed within base.
- Hold all balances for seconds.

Hopping

Travelling actions

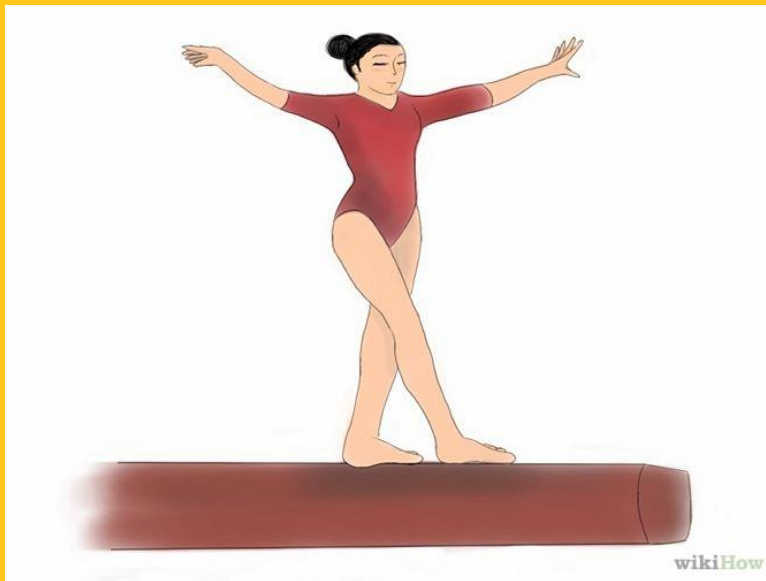


Learning Points:

- Back straight.
- Knees lifted.
- Toes pointed.
- Elevation.

Walking

Travelling actions



Learning Points:

- Back straight.
- Head up.
- Walking quietly.
- Toes pointed.