

Unit Overview

Max Whitlock Gymnastics lessons and plans.

Overview

An overview of the unit including:

Lesson Objectives

Success Criteria

Links to the national curriculum



Lesson 1

Develop an understanding of the forward roll preparations

Develop an understanding of how to control and enhance rolling movements

Learn how to move with weight on hands and feet with stability



Lesson 2

Develop coordination and timing during rebound jumps

To understand how to coordinate the body during movements

To understand the fundamentals of an introductory cartwheel motion



Lesson 3

Maintain balance whilst walking forwards and sideways along the bench

To explore balance positions using different points of contact

To engage in throwing and catching activities



Lesson 4

Demonstrates an understanding of the step, step and jump sequence

Develop coordination and balance during bunny jump exercises

Understands the various basic shapes and jumps



Lesson 5

Develop an understanding of backward roll motions

Successfully perform travelling movements on hands and feet long the bench

Develop an understanding of a half teddy bear roll



Lesson 6

To demonstrate bunny jumps using apparatus

To show weight bearing exercises in various positions

To understand the concept of handstand preparation



Masterclass Videos

Watch the videos of Max as he gives an example, with key points, preparations and progressions of:

Handstands

Landing Position

Forward Roll

Backward Roll

Cartwheel

Vault Preparation

