

## Learning Skills

*Table 2: Statics (Body Support) Dominant Movement Patterns*

Skill	Correct Skill Components	Common Mistakes
Angry Cat	Rounded back with eyes on knees, knees bent at 90°, arms straight, shoulders and wrists in line.	Shoulders and wrists not aligned Arms not straight Legs not squeezed Back not rounded
Front Support	Straight arms and legs, stomach lifted and back straight, knees and ankles squeezed together.	Shoulders and wrists not aligned Arms not straight Legs not squeezed Back not straight
Side Support	Arms and supporting leg straight, chest open and upright, body straight.	Shoulders and wrists not aligned Arms not straight Legs not squeezed Back not straight
Kneeling Scale	Straight arms, shoulders and wrists in line, body straight. Supporting leg bent at 90° at the hip and knee, non-supporting leg straight.	<ul style="list-style-type: none"> <li>- Shoulders and wrists not aligned.</li> <li>- Arms not straight.</li> <li>- Non-supporting leg not straight.</li> <li>- Body not straight, stomach sagging.</li> </ul>
Hands and Feet Scale	Straight arms, shoulders and wrists in line, body straight. Supporting leg slightly bent, non-supporting leg straight.	<ul style="list-style-type: none"> <li>- Shoulders and wrists not aligned.</li> <li>- Arms not straight.</li> <li>- Non-supporting leg not straight.</li> <li>- Body not straight, stomach sagging.</li> </ul>
Scale	Straight arms, shoulders and wrists in line, body straight. Supporting leg straight, non-supporting leg bent at 90° at the hip, foot touching opposite knee.	<ul style="list-style-type: none"> <li>- Shoulders and wrists not aligned.</li> <li>- Arms not straight.</li> <li>- Non-supporting leg not straight.</li> <li>- Body not straight, stomach sagging.</li> </ul>
Arabesque	Straight arms, shoulders and wrists in line, body straight. Both legs straight, non-supporting leg reversed 90° at the hip.	<ul style="list-style-type: none"> <li>- Shoulders and wrists not aligned.</li> <li>- Arms not straight.</li> <li>- Non-supporting leg not straight.</li> <li>- Body not straight, stomach sagging.</li> </ul>

**Table 3: Statics (Body Shapes) Dominant Movement Patterns**

Skill	Correct Skill Components	Common Mistakes
L-Sit	Legs together and stretched, back straight and chest upright, arms out like an aeroplane	<ul style="list-style-type: none"> <li>- Back not straight</li> <li>- Knees and ankles not together</li> <li>- Arms not straight</li> </ul>
Tuck Sit	Rounded back, knees to chest, legs together, feet off the floor	<ul style="list-style-type: none"> <li>- Back not rounded</li> <li>- Knees and ankles not together</li> <li>- Not balanced, wobbling</li> </ul>
Pike	Legs together and stretched, chest to thighs, elbows on the ground at 90°	<ul style="list-style-type: none"> <li>- Back not straight</li> <li>- Knees and ankles not together</li> <li>- Chest not touching thighs</li> </ul>
V-Sit	Straight back, straight arms and legs, legs together, palms on the floor, fingers pointing to toes.	<ul style="list-style-type: none"> <li>- Back not straight, shoulders not rounded</li> <li>- Knees and ankles not together</li> <li>- Hands facing outwards/backwards</li> <li>- Not balanced, wobbling/rocking</li> </ul>
Saucer	Straight back, rounded shoulders, straight arms and legs, legs together, arms parallel to the ground and hands pointing at knees.	<ul style="list-style-type: none"> <li>Back not straight, shoulders not rounded</li> <li>Knees and ankles not together</li> <li>Hands facing outwards/backwards</li> <li>Not balanced, wobbling/rocking</li> </ul>
Shoulder Stand	Shoulders rounded, back straight. Straight legs, legs together. Arms can be bent and supporting the lower back or straight on the ground.	<ul style="list-style-type: none"> <li>- Back not straight, shoulders not rounded</li> <li>- Knees and ankles not together</li> <li>- Legs not straight</li> <li>- Not balanced, wobbling</li> </ul>

**Student Personal Progress Chart**

Name: \_\_\_\_\_ Year: 7

Gymnastics: Statics

Term 3, 2022

Skill	Week 5 SIGNATURES			Week 7 SIGNATURES			Week 9 SIGNATURES		
	L1	L2	L3	L1	L2	L3	L1	L2	L3
Sequence of Movement Task Completed									
Body Support									
Body Shapes									

## Student Personal Progress Charts

To keep your progress, write the date when you achieve mastery of each skill.

### Gymnastics: Statics - Body Support

Arabesque							
Scale							
Hands & Feet Scale							
Kneeling Scale							
Side Support							
Front Support							
Angry Cat							
<b>Mastery Order</b>	1	2	3	4	5	6	7

Adapted from Metzler (2005).

### Gymnastics: Statics - Body Shapes

Shoulder Stand V2							
Shoulder Stand V1							
Saucer							
V-Sit							
Pike							
Tuck Sit							
L-Sit							
<b>Mastery Order</b>	1	2	3	4	5	6	7

Adapted from Metzler (2005).

## TPSR Behaviour Checklist

Reflect on your participation in this week's class.

Which behaviour values do you believe you have displayed?

Value	Behaviours Displayed	Week 5	Week 7	Week 9
0	<ul style="list-style-type: none"> <li>- Unmotivated to try new things</li> <li>- Distracted in class</li> <li>- Not working with peers</li> <li>- Not taking responsibility for own behaviour</li> </ul>			
1	<ul style="list-style-type: none"> <li>- Sharing space and environment</li> <li>- Working cooperatively with peers</li> <li>- Caring for equipment and others</li> <li>- Putting effort into all tasks</li> </ul>			
2	<ul style="list-style-type: none"> <li>- Willingly trying new things</li> <li>- Follows instructions</li> <li>- Praises peers using positive comments</li> <li>- Supports peers to try their best</li> </ul>			
3	<ul style="list-style-type: none"> <li>- Accepts feedback and uses it to help others</li> <li>- Working responsibly without supervision</li> <li>- Helping set up and pack up without being asked</li> </ul>			

Adapted from Pill (2013).

## Reference List

Gymnastics Australia. (2022). *GymMix Online Lesson Planner*. Gymnastics Australia.

Hellison, D. (2010). *Teaching personal and social responsibility through physical activity*. Human Kinetics.

Metzler, M. (2005). *Instructional models in physical education*. Holcomb Hathaway.

Pill, S. (2013). *Play with Purpose: Game Sense to Sport Literacy*. ACHPER.