



2.

each of the **Dominant Movement Patterns (DMP's)** of gymnastics. Specifically, these are:

- a.) **Landings** – for control and safety; on different body parts
- b.) **Statics** – balances with different body shapes and in a variety of positions
- c.) **Rotations** – about the 3 axes of the body
- d.) **Swing** – pendular swing in support and hang positions
- e.) **Spring** – from different body parts (includes movements with flight)
- f.) **Locomotion** – travelling skills on floor and various apparatus

**OBJECTIVES:**

- 1.) To promote the physical capabilities of strength, flexibility, balance and muscular endurance for the purpose of general body management, and the application of these capabilities to a healthy lifestyle and/or other sport activities.
- 2.) To learn the basic elements of gymnastics in the six unique DMP's noted above with particular emphasis on the safety landings.
- 3.) To exhibit mastery of the basic skills presented in class.

**EVALUATION:**

Practical marks	75
Written final exam	<u>25</u>
TOTAL	100

The practical marks will be based on one point for each successfully completed skill of the list given in class, up to a total of 75 marks. One mark may also be given for each appropriate advanced skill which an experienced student has presented to the instructor for approval (not to exceed the 75 mark total).

The written final examination will cover all material and handouts presented in class. Students are advised to keep a detailed log of each day's activities for future reference. Of particular importance are the lead up and skill progressions, spotting techniques, technical requirements, and the sequence of presentation.