



Different Types of Movements in Gymnastics

KS2 PE Ages 10-14 ⌚ 3 min read

What Are Gymnastics Movements?

Gymnastics is a sport where athletes use their bodies to create amazing movements and shapes. Gymnasts combine **strength**, **flexibility**, and **balance** to perform incredible feats. Understanding the different types of movements helps us appreciate just how skilful gymnasts really are.

Think of it like learning different dance moves — some are slow and smooth, others are fast and explosive, and they all require practice to master.

Fundamental Movements

Every gymnast starts with basic movements. **Rolling** means turning your body over and over in a line, like a wheel. **Stretching** makes your muscles longer and more flexible. **Balancing** involves holding your body steady on different parts — sometimes on one foot, sometimes on your hands. These movements build the foundation for everything else.

Rotational Movements

Rotational movements are when gymnasts spin around. A **somersault** is when you roll forward over your shoulders. A **backflip** is when you jump and spin backwards through the air. **Twists** happen when your body rotates while you're in mid-air — this is super tricky because you have to control the spin while flying!

Think of it like spinning a top — the faster and more controlled the spin, the better the movement looks.

Acrobatic Movements

Acrobatic movements are the most dramatic ones. **Handstands** mean balancing upside down on your hands. **Cartwheels** involve moving sideways while flipping your

body like a wheel. **Aerials** are movements where you leave the ground completely and flip or twist in the air without touching your hands down.

Floor and Apparatus Movements

Gymnasts perform on different equipment. **Floor exercises** use the ground and include jumps, kicks, and turns. The **balance beam** requires movements done while balancing on a narrow wooden bar. The **vault** involves running and jumping over a special table. On the **uneven bars**, gymnasts swing and flip between two bars at different heights. Each apparatus requires different movement skills.

Why Learn Different Movements?

Combining different movements creates impressive routines. Gymnasts train for years to perfect each type of movement, building strength and confidence step by step. Whether it's a simple stretch or a triple twist, every movement matters in gymnastics.