



TEACHER WORKSHEET

CYCLE 3 • PE

GYMNASTICS



OVERVIEW

EDUCATIONAL OBJECTIVES:

- Understand that sports and school are based on the same values: hard work, drive, and perseverance.
- Learn how sports not only benefit physical health and wellness, but also mental health.
- Understand what makes a healthy lifestyle, and especially the importance of sleep.
- Familiarize oneself with the requirements of high-level gymnastics training.

SPECIFIC SKILLS:

- Learn how to maintain health through regular physical activity: know and apply guidelines for a healthy lifestyle.
- Grasp methods, tools, and practice for learning, alone or with others: repeat moves to perform them better and more effectively.
- Grasp knowledge in physical activity and sports: understand performance in the context of human performance.

FIELD OF LEARNING FOR TRAINING:

- Express oneself in front of others through artistic and/or acrobatic performance.
- Practice acrobatic moves to be performed for others while managing risks and emotions.

INTERDISCIPLINARY SKILLS:

- **English:**
Reading (understand texts, documents, and images, and interpret them).
- **Moral and civic education:**
Sensitivity (self and others).
- **Mathematics:**
Space and geometry, data organization and management.

SCHEDULE FOR SESSIONS:

- **Activity 1 (video and feedback):** 1 session.
- **Activity 2 (to be incorporated into a gymnastics unit):** Several sessions based on teacher's assessment.
- **Activity 3 (reading comprehension and handout on sleep with visuals):** 1 session.

DURATION:

- **Activity 1:** 45 minutes.
- **Activity 3:** 45 minutes.

ORGANIZATION:

- Work in pairs for Activities 1 and 3.
- Work individually for Activity 2.



OLYMPIC GAMES KEYWORDS:

HEALTHY HABITS • DRIVE • PERSEVERANCE • FUN • WELL-BEING



CONCEPTS ADDRESSED

GYMNASTICS AND THE MODERN OLYMPIC GAMES

Gymnastics dates back to ancient times. Men used to meet in gymnasiums to exercise, listen to music, and pursue art and other activities.

ARTISTIC GYMNASTICS

The term “artistic gymnastics” emerged in the early 19th century to differentiate recreational gymnastics from techniques used in military training. Artistic gymnastics was part of the first modern Olympic Games in Athens in 1896, and has been included in the Games ever since.

In the beginning, gymnastics involved sports disciplines that would hardly be considered artistic, such as climbing and acrobatics. Women’s gymnastics events have been part of the Olympic Games since 1928, in Amsterdam, Netherlands.

Since 1952, gymnastics has included four disciplines—bars, vault, floor exercises, and beam.

SLEEP

Sleep is essential to recover from daily neural and physical fatigue. Two sleep stages are essential, in sufficient quality and quantity, to properly recover:

- Non-rapid eye movement (NREM) sleep: During this stage, the body repairs muscle fatigue, maintains internal temperature, fights infection, and grows.
- Rapid eye movement (REM) sleep: Two hours per night. The muscles relax completely, while brain activity picks up. REM sleep helps the body cope with stress and promotes memorization.

FUN FACT!

Nadia Comăneci (Romania) is the only gymnast to have been awarded a perfect score of 10 for her performance on the uneven bars at the 1976 Summer Olympics in Montreal, Canada.

FUN FACT!

Children 9–11 years old need 9.5 to 10 hours of sleep per night.



STUDENT WORKSHEET OVERVIEW

VOCABULARY:

Gymnast, achievement, amateur, professional.

ACTIVITIES:

► ACTIVITY 1: EXEMPLARY GYMNASTS

Understand what motivates champions to train and their values (motivation, hard work, performance, competitiveness, team spirit) **9–10 yr** **10–11 yr** **11–12 yr**

- Resources:** – Video interview with the French women’s gymnastics team before leaving for the London Olympic Games (2012) <https://www.youtube.com/watch?v=cONZLaM-sn0>
- Questions for comprehension and interpretation

🔍 FIND OUT MORE:

Samir Aït Saïd’s injury at the Rio Olympic Games (2016).

Interview with Samir Aït Saïd available at:

<http://www.lci.fr/sport/jo-2016-apres-sa-terrible-blessure-samir-ait-said-nous-confie-a-tokyo-je-veux-decrocher-une-medaille-d-olympique-2003818.html>





▶ ACTIVITY 2: IT'S YOUR TURN!

Practice a gymnastic move for fun and master it **9-10 yr** **10-11 yr** **11-12 yr**

Materials: Self-assessment worksheet (handstand example)

Activity 2 gives students the opportunity to make progress mastering a move (the handstand) by performing increasingly challenging exercises and by realizing what is achieved each session. An individual handout lets them assess their handstand progress. The activity should be incorporated into a gymnastics unit.

Schedule:

1) Project launch

Explain the final objective to the class—to perform an acrobatic routine in small groups before a judge.

Each student should be able to perform a routine of increasingly complex balance moves: a forward somersault, a backward somersault, a cartwheel, and a handstand.

Students will define performance criteria for each move to organize and assess their learning.

2) Diagnostic assessment session

Students perform each of the four moves (forward and backward somersault, cartwheel, and handstand) to demonstrate their skills and identify problems to be solved.

The teacher provides students with final performance criteria for each move and a description of two performance levels to achieve benchmarks.

Performance criteria are defined at each level.

Students determine their own personal level and can set goals for future sessions.

3) Structured learning sessions

Students are put into groups of three or four. More advanced students could also work on their own. Students use the self-assessment worksheet to write down accomplishments, persistent challenges, and new goals at the end of each session.

It may be beneficial for students to use digital tools to observe and assess their efforts to perfect moves. Students can therefore become more aware of how effort affects progress.

By alternating roles as gymnasts, spectators, and judges, students also learn different social roles (those who help, and those who need help).

At the end of each session, students write down accomplishments on their individual worksheet and set new goals for the next session.

Warm-up before training and cooldown after each session should also be included.

4) Review session

At the end of the learning cycle, students are assessed to confirm the new knowledge and skills acquired.

Moves can then be incorporated into a gymnastics routine that provides students a second challenge—to perform, alone or in groups, with or without the help of an adult, an acrobatic routine.

🔍 FIND OUT MORE:

The teacher may suggest that students connect knowledge acquired in PE [with other concepts in Cycle 3, such as spatial representation and geometric data \(lines, planes, volumes, etc.\)](#).



► **ACTIVITY 3: WORK HARD, SLEEP HARDER!**

Become aware of the importance of sleep to recover from daily neural and physical fatigue

Materials: Infographic worksheet on sleep **9-10 yr** **10-11 yr** **11-12 yr**

🔍 **FIND OUT MORE:**

When lying down, the spine and legs relax.

Rest periods trigger growth hormone secretion. The hormone enables cell renewal; helps maintain muscles, tissues, and bones; and helps the body's internal clock function properly.



STUDENT WORKSHEET ANSWER KEY

► **ACTIVITY 1: EXEMPLARY GYMNASTS**

Understand what motivates champions to train and their values (motivation, hard work, performance, competitiveness, team spirit) **9-10 yr** **10-11 yr** **11-12 yr**

<https://www.youtube.com/watch?v=cONZLaM-sn0>

- 1) Toned, skilled, flexible, and muscular.
- 2) Determination, rigor, discipline.
- 3) Thirty hours.
- 4) Every session counts.
- 5) To get as close as possible to perfection.
- 6) They have fun.

► **ACTIVITY 2: IT'S YOUR TURN!**

Practice a gymnastic move for fun and master it **9-10 yr** **10-11 yr** **11-12 yr**

No corrections expected

► **ACTIVITY 3: WORK HARD, SLEEP HARDER!**

Become aware of the importance of sleep to recover from daily neural and physical fatigue

9-10 yr **10-11 yr** **11-12 yr**

- 1) NREM sleep and REM sleep.
- 2) To help repair muscle fatigue.
- 3) During REM sleep.
- 4) The brain; it helps cope with stress and promotes memorization.



FIND OUT MORE

CNOSF EDUCATIONAL FILES

9–10 yr: “Stadium history from ancient times to the present day”

11–12 yr: “The first Olympic Games”

Cycle 3: “Bobsleigh (dimensions and measurements)”

Cycle 3: “Swimming events at the Olympic Games (time)”

DIGITAL RESOURCES

EDUCATIONAL FILES FROM OFFICIAL OLYMPIC WEBSITES:

“The mind makes a champion: Training my mind at school”:

<https://stillmed.olympic.org/media/Document%20Library/Museum/Visit/TOM-Schools/Teaching-Resources/The-Mind-Makes-a-Champion/The-Mind-Makes-a-Champion-EN.pdf>

“Get active!”:

<https://www.olympic.org/museum/visit/schools/teaching-resources/support-de-cours/get-active>

Pourquoi faire du sport ? (Why exercise?)

http://cnosf.franceolympique.com/cnosf/fichiers/File/CNOSF-CultureEducation/Contenus_Peda/Sport.jpg

Pourquoi manger équilibré ? (Why eat healthy?)

http://cnosf.franceolympique.com/cnosf/fichiers/File/CNOSF-CultureEducation/Contenus_Peda/Nourriture.jpg

Pourquoi se coucher tôt ? (Why go to bed early?)

http://cnosf.franceolympique.com/cnosf/fichiers/File/CNOSF-CultureEducation/Contenus_Peda/Sommeil.jpg

Éduscol support document for the Cycle 3 learning unit “Expressing yourself in front of others”:

http://cache.media.eduscol.education.fr/file/CA_3/01/2/RA16_C3_EPS_CA3_att_fin_cycle_N.D_612012.pdf

http://cache.media.eduscol.education.fr/file/CA_3/01/4/RA16_C3_EPS_CA3_demarche_N.D_612014.pdf

Se doper est-il tricher ? (Is doping cheating?)

http://cache.media.eduscol.education.fr/file/EMC/70/1/ress_emc_doper_tricher_464701.pdf

FURTHER READING FOR STUDENTS

Les Docs de Mon Quotidien (Éditions PlayBac), “Human Body” special edition, no. 48

FURTHER READING FOR TEACHERS

The Little Communist Who Never Smiled, by Lola Lafon, Seven Stories Press

ACTIVITIES FOR STUDENTS

– End of unit: “It’s your turn! Gymnastics” (and answer key).

– Incollables® trivia cards:
<http://cnosf.franceolympique.com/cnosf/actus/6106-dcouvrir-lolympisme-avec-les-incollables.html>





STUDENT WORKSHEET

CYCLE 3 • PE

GYMNASTICS



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VOCABULARY



GYMNAST: An athlete trained in gymnastics (floor exercises, jumps, uneven bars, beam, and vault).

ACHIEVEMENT: An exceptional, remarkable action (synonym: a feat).

AMATEUR: A person who does an activity, especially a sport, on a recreational basis.

PROFESSIONAL: A person who plays a sport on a professional basis, as their job.



ACTIVITIES

▶ ACTIVITY 1: EXEMPLARY GYMNASTS

On the eve of the London Olympic Games in July 2012, France's women's gymnastics team were interviewed by reporters.

Watch the interview in class and then work in pairs to answer the questions below:

1) Gymnast Youna Dufournet talks about the physical qualities needed to succeed in gymnastics. What are they?

.....
.....
.....
.....
.....
.....
.....

2) What moral qualities are also needed? Circle the qualities that are mentioned in the clip:

Determination – Relaxation – Rigor – Discipline



TIPS & TRICKS



Did you know that **sleep helps you learn better**? When you sleep, **your brain records what you've learned during the day**. But for that to happen, you have to get enough sleep. At your age, **you need to sleep for about ten hours**. Calculate what time you should go to bed based on what time you wake up.

And to fall asleep easily, do a **quiet activity** before going to bed, by avoiding screens (TV, video games, etc.), which excite the brain.



3) How many hours per week are spent training?

.....

.....

.....

4) What does the team's coach, Éric Demay, think about the training sessions?

.....

.....

.....

5) What is the point of practicing the same move over and over?

.....

.....

.....

6) How do the gymnasts feel at the end of training?

.....

.....

.....

🔍 FIND OUT MORE:

- In ancient Greece, a gymnasium was a building used to train athletes (from the Greek *gymnos*, which means “naked” in Greek, because athletes would train in the nude).
- The Greeks in ancient times thought that physical activity should go hand in hand with intellectual activity.



► **ACTIVITY 2: IT'S YOUR TURN!**

How can you reach your goal?

Handstand self-assessment worksheet

Date			
Level	1: Handstand with feet against wall bars	2: Handstand with feet against a wall	3: Handstand without support
Task	Starting position: Stand with your back to the wall bars. Put your hands on the ground and use the wall bars as steps to gradually move your legs above your torso. Return to the initial position.	Starting position: Stand facing the wall, with one leg back for support. Tilt forward and raise your arms above your head. Put your hands on the ground and use the wall to support your legs. Return to the initial position.	Starting position: Tilt forward with one leg back for support. Raise your arms above your head. Ending position: Tilt forward with one leg back for support, arms above your head. Return to the initial position.
Performance criteria	Keep your arms, legs, and torso in a straight line for three seconds; do not let your head touch the ground.	Keep your arms, legs, and torso in a straight line for three seconds; do not let your head touch the ground.	Have your hands support the body in a vertical position for two seconds. Keep the back, arms, and legs straight.
Accomplishments			
Challenges			
Goals for the next session			



▶ ACTIVITY 3: WORK HARD, SLEEP HARDER!

Your health is based on a healthy lifestyle and regular physical activity.

At the end of PE class, there's time for cooldown. That helps you calm down and get good quality sleep later on. But quiet time can't replace a good night's sleep!

In pairs, read the text below and answer the questions:

Sleep

Sleep is essential for health. It helps the body recover from daily neural and physical fatigue. Sleep is necessary for growth in children.

Sleep stages
There are 2 main sleep stages. Both stages form a cycle that lasts about 1.5 hours and happens several times throughout the night.

▶ **Stage 1: Non-rapid eye movement (NREM) sleep**
NREM sleep can be broken down into 3 parts:

- 1 Dozing**
This stage involves falling asleep. The muscles relax, and brain activity slows down. It usually lasts less than 20 minutes.
- 2 Light sleep**
This stage makes up half of total sleep time. The body is still sensitive to noise and contact.
- 3 Deep sleep**
Breathing and blood circulation slow down, and the muscles relax completely. This is when the body's cells regenerate and hormones are produced.

▶ **Stage 2: Rapid eye movement (REM) sleep**
Dreaming happens during REM sleep. Brain activity picks up. The eyes move very fast, which is why this stage is called rapid eye movement sleep. Breathing and the heartbeat are irregular.



1) What are the two main sleep stages?

.....
.....

2) Why are the muscles relaxed during deep sleep?

.....
.....
.....

3) During what sleep stage does the body grow?

.....
.....
.....

4) Which organ in the body remains active during REM sleep?

.....
.....
.....

🔍 FIND OUT MORE:

Sleep is essential for a healthy lifestyle. It's also important to eat a balanced diet, train properly, and rehydrate after exercise.



REVIEW

- Top athletes know that **hard work and perseverance** help them perform their best. They get satisfaction out of doing the same moves over and over.
- No matter the level, physical activity and sports **should be fun**. It's easier to make an effort if you're having fun.
- **At night, your body grows and recovers from daily fatigue**. Sleep also helps your brain register everything you've learned.
- You can improve **your health through a healthy lifestyle** and **regular physical activity**—including a balanced diet, proper training, rehydration, relaxation, and sleep.



NOW, TAKE ACTION!

- **Get active! One hour of physical activity per day:** that's what's recommended **for children and teens ages 5 to 17**. It could be during PE class or recess at school, your daily commute, extra-curricular activities, etc.
- **Take care of your body,** because you're responsible for it. When your body's healthy, you feel good, have more energy, feel less irritated, and learn better.



CYCLE PROGRESS WORKSHEET

CYCLE 3 • PE

GYMNASTICS



Adapt Activity 2 based on student level.

9–10 yr

Date			
Level	1: Handstand with feet against wall bars	2: Handstand with feet against a wall	3: Handstand without support
Task	Starting position: Stand with your back to the wall bars. Put your hands on the ground and use the wall bars as steps to gradually move your legs above your torso. Return to the initial position.	Starting position: Stand facing the wall, with one leg back for support. Tilt forward and raise your arms above your head. Put your hands on the ground and use the wall to support your legs. Return to the initial position.	Starting position: Tilt forward with one leg back for support. Raise your arms above your head. Ending position: Tilt forward with one leg back for support, arms above your head. Return to the initial position.
Performance criteria	Keep your arms, legs, and torso in a straight line for three seconds; do not let your head touch the ground.	Keep your arms, legs, and torso in a straight line for three seconds; do not let your head touch the ground.	Have your hands support the body in a vertical position for two seconds. Keep the back, arms, and legs straight.
Accomplishments			
Challenges			
Goals for the next session			



10-11 yr

Date		
Level	2: Handstand with feet against a wall	3: Handstand without support
Task	<p>Starting position: Stand facing the wall, with one leg back for support. Tilt forward and raise your arms above your head.</p> <p>Put your hands on the ground and use the wall to support your legs.</p> <p>Return to the initial position.</p>	<p>Starting position: Tilt forward with one leg back for support. Raise your arms above your head.</p> <p>Ending position: Tilt forward with one leg back for support, arms above your head.</p> <p>Return to the initial position.</p>
Performance criteria	Keep your arms, legs, and torso in a straight line for three seconds; do not let your head touch the ground.	Have your hands support the body in a vertical position for two seconds. Keep the back, arms, and legs straight.
Accomplishments		
Challenges		
Goals for the next session		

**11-12 yr**

Date	
Level	3: Handstand without support
Task	Starting position: Tilt forward with one leg back for support. Raise your arms above your head. Ending position: Tilt forward with one leg back for support, arms above your head. Return to the initial position.
Performance criteria	Have your hands support the body in a vertical position for two seconds. Keep the back, arms, and legs straight.
Accomplishments	
Challenges	
Goals for the next session	



À TOI DE JOUER !

CYCLE 3 • EPS

LA GYMNASTIQUE

AS-TU BIEN COMPRIS ?

**1 QUELLES SONT LES QUATRE DISCIPLINES DE LA GYMNASTIQUE ARTISTIQUE FÉMININE ?
COCHE LES BONNES RÉPONSES.**

- La course Le saut de cheval Les barres asymétriques
 La poutre Les exercices au sol Le patinage

2 DEPUIS QUELLE ÉDITION DES JO LES FEMMES PEUVENT-ELLES CONCOURIR AUX ÉPREUVES DE GYMNASTIQUE ARTISTIQUE ?

- 1908, Londres 1928, Amsterdam 1932, Los Angeles 1936, Berlin

3 QUELLES QUALITÉS SONT NÉCESSAIRES AUX ATHLÈTES POUR ATTEINDRE LEUR MEILLEUR NIVEAU ?

- Des qualités physiques Des qualités esthétiques (la beauté) Des qualités morales

4 PENDANT QUELLE PHASE DE SOMMEIL LE CERVEAU EST-IL TRÈS ACTIF ?

- La somnolence Le sommeil léger Le sommeil profond Le sommeil paradoxal

LE SAIS-TU AUSSI ?

1 LE CORPS HUMAIN A DES LIMITES. PENDANT COMBIEN DE JOURS PEUT-ON TENIR SANS BOIRE ?

- 2 jours 3 jours 4 jours

2 PENDANT COMBIEN DE JOURS PEUT-ON TENIR SANS MANGER ?

- 40 jours 50 jours 60 jours

3 JUSQU'À QUELLE QUANTITÉ D'EAU UN SPORTIF PEUT-IL PERDRE EN UNE HEURE ?

- 1 L d'eau 2,5 L d'eau 4 L d'eau

À SAVOIR :

Le sport entraîne une perte en eau. En effet, lorsqu'on fait travailler ses muscles, ils s'échauffent. L'organisme fabrique alors de la sueur pour faire baisser la température du corps. Il faut donc boire lorsqu'on s'active, surtout s'il fait chaud, et avant d'avoir soif.



IT'S YOUR TURN! ANSWER KEY

CYCLE 3 • PE

GYMNASTICS

PUT YOUR KNOWLEDGE TO THE TEST

**1 WHAT ARE THE FOUR DISCIPLINES IN WOMEN'S ARTISTIC GYMNASTICS?
SELECT THE CORRECT ANSWERS.**

- Running Vault Uneven bars
 Beam Floor exercises Figure skating

**2 WHEN WERE WOMEN ABLE TO COMPETE IN ARTISTIC GYMNASTICS EVENTS AT
THE OLYMPIC GAMES?**

- 1908, London 1928, Amsterdam 1932, Los Angeles 1936, Berlin

3 WHAT QUALITIES DO ATHLETES NEED TO REACH THEIR HIGHEST LEVEL OF PERFORMANCE?

- Physical qualities Aesthetic qualities (beauty) Moral qualities

4 DURING WHAT SLEEP STAGE IS THE BRAIN VERY ACTIVE?

- Light sleep Non-rapid eye movement sleep
 Deep sleep Rapid eye movement sleep

TEST YOUR KNOWLEDGE FURTHER

1 THE HUMAN BODY HAS LIMITS. HOW MANY DAYS CAN A PERSON GO WITHOUT DRINKING?

- 2 days 3 days 4 days

2 HOW MANY DAYS CAN A PERSON GO WITHOUT EATING?

- 40 days 50 days 60 days

3 HOW MUCH WATER CAN AN ATHLETE LOSE IN AN HOUR?

- 1 liter 2.5 liters 4 liters

FUN FACT!

Sports and exercise lead to dehydration. When you work out your muscles, they warm up. The body then produces sweat to lower body temperature. So drink when you're active, especially in hot weather, and before you get thirsty.



**4 THE FOODS YOU EAT ARE MADE UP OF NUTRIENTS.
THOSE NUTRIENTS GIVE YOUR BODY THE ENERGY IT NEEDS TO BUILD
AND RENEW THE CELLS THAT MAKE UP THE BODY.
MATCH EACH NUTRIENT (left column) WITH THE ROLE IT PLAYS IN THE BODY (right column).**

