

SKILLS IN THE SPOTLIGHT

Identify one example of visual guidance used to teach a gymnastics vault.

Identify one example of mechanical guidance used when practising vaulting.

Explain one advantage of extrinsic feedback for a beginner gymnast.

Explain why visual guidance is effective for a beginner learning a vault.

Explain why manual guidance is more suitable for beginners than elite gymnasts when learning a vault.

Identify one example of verbal guidance used during vault practice.



Gymnastics -
Vaulting



SKILLS IN THE SPOTLIGHT

Demonstration by a coach or gymnast

Springboard or padded landing mats

Allows someone with greater experience to give better feedback due to their knowledge

Shows correct technique; helps understanding; reduces errors.

Helps feel the movement; supports safety; elite performers do not need physical support.

Coach giving cues such as "strong run-up" or "tight body"

Gymnastics - Vaulting

