



Gymnastics Vocabulary

EYFS



Travel, balance, jump, roll, fast, slow, forwards, backwards, direction, stretch, curl, small, low, tall, high, running, hopping, leaping.





Gymnastics Vocabulary Year 1 and Year 2



Shape, straight, star, pike,
tuck, arch, flight, take off, landing, balance, apparatus, speed,
presentation, contrast, sequence, routine, start/finish position, point,
extend, relax, dynamic, static, strength.





Gymnastics Vocabulary

Year 3 and Year 4



Vault, linking movements, counterbalance, individual, posture, poise, apparatus, momentum, flexibility, rigid, repetition, reaction, rotation, tension, mirror, dynamic, control, shape, straight, star, pike, tuck, arch.





Gymnastics Vocabulary

Year 5 and Year 6



Muscles groups, joints, rotation, performance, smooth transitions, clear extensions, alignment, compose, precision, consistency, form, contrast, extend, shape, straight, star, pike, tuck, arch.



The Basic Shapes in Gymnastics



tuck



straddle



pike



split



straight stand



handstand



lunge



arch



hollow



bridge

