

Gymnastics Vocabulary



Reception

Forwards
Backwards
Sideways
Bench
Mat
Table
Roll
Long
Slow
On
Off
Stretched
Curled
Tuck
Body parts
Tall
Small
Shape
Hold
Still
Jump
Hop
Bounce
Travel
Copy

Year 1

place
stretch
push
pull
hop
skip
step
spring
crawl
still
slowly
tall
long
wide
narrow
up
down
forwards
high
low
elbows
bottom
back

Gymnastics Vocabulary



around
through
extension
roll
copy
pathway
along
jump
land
balance
tension
curved
straight
zig-zag
shape
over
hang
grip

Year 2

In front
Speed
Slow
fast
Wide
Shape
Narrow
Long
Land
Over
Jump
Off
High
Low
Stretch
Point
Balance
Twisted
Curled
Level
Medium
Backwards
Sideways
Forwards
Zig zag
Angular
Under
Through
Behind
Tension
Copy
Smooth

Gymnastics Vocabulary



Sequence
Height

Year 3

Flow
Explosive
Symmetrical
Asymmetrical
Combination
Evaluate
Improve
Stretch
Refine
Adapt
Pathway
Contrasting
Curled
Stretched
Suppleness
Strength
Inverted
Jump
Land
Over
Under

Year 4

90 degrees
180 degrees
Leaving
Approaching
Balance
Forwards
Backwards
Combine
Rotation
Against
Towards
Across
Evaluate
Improve
Height
Strength
Suppleness
Stamina
Speed
Level
Wide
Tucked
Straight
Twisted

Gymnastics Vocabulary



Constructive
Points
Twist
Turn
Safety
Refine
Away

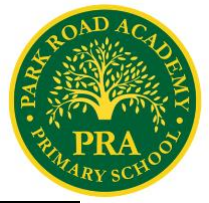
Year 5

Dynamics
Combination
Contrasting
Control
Mirroring
Matching
Accurately
Refine
Evaluate
Display
Asymmetry
Performance
Create
Symmetry
Refinements
Assessment
Suppleness
Strength
Cool down
Warm up
Muscles
Joints
Explore
Rotation
Spin
Turn
Shape
Landing
Take-off
Flight

Year 6

Co-operate
Audience
Assessment
Elements
Twist
Obstacles
Refine
Aesthetically
Criteria
Extension

Gymnastics Vocabulary



Judgement

Tension

Inverted

Judge

Dynamics

Combination

Canon

Counter-tension

Counter-balance

Criteria

Performance

Imaginative

Parallel

Creativity

Flight

Timing