



Year 6 Gymnastics

Key vocabulary

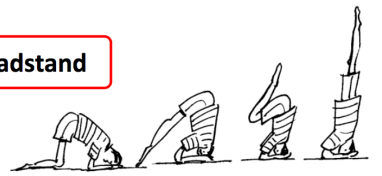
Control	To complete movements safely using the correct techniques.
Basic movements	Expressing an idea or movement in a given space - forwards, backwards, sideways, in the air, on the floor.
Rolls	Egg roll, pencil roll, teddy bear roll, dish arch roll, roll on your back.
Jumping	Push yourself off a surface and into the air by using muscles in your legs. Tuck jumps, straight jumps, star jumps, jump half turns.
Balances	An even distribution of weight enabling someone or something to remain upright and steady.
Safety	Following the rules to enable the safety of yourself and others.
Travelling	Different ways of moving - walking on toes, hopping, jumping, bunny hops, skipping. Travelling can be done at different speeds and on different levels.
Shapes	Tuck, straddle, pike, star, dish, arch, front support, back support
Sequence	Two or more skills which are performed together to create a combination skill.
Apparatus	Equipment used to support routines.
Springboard	A platform with multiple springs to propel a gymnast who jumps onto it.
Incline	Lean, slope or slant
Counterbalance	A weight that balances another weight

Gymnastics Skills

Backward Roll



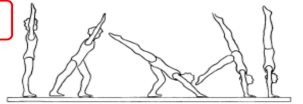
Headstand



Forward Roll



Handstand



Cartwheel



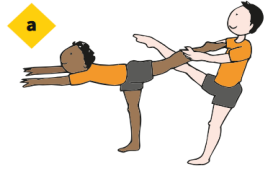
Shoulder Stand



Cartwheel over equipment.

Counterbalances

a



b



c



d



e

