

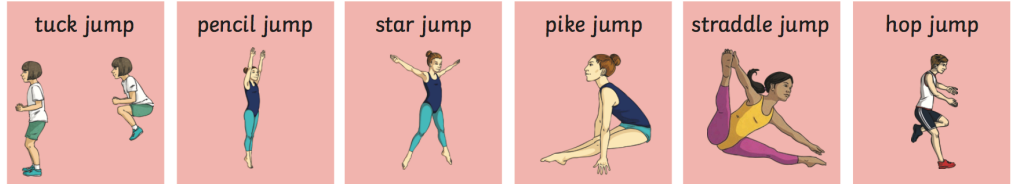
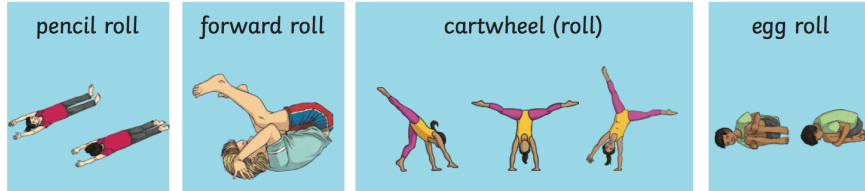


# Year 3 Gymnastics

## Key vocabulary

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

## Sequences - rolls, jumps, travel



Springboard



Incline