

Gymnastics Vocabulary

Year 1 and 2
Forwards Backwards Sideways Roll Slow Body parts Shape Jump Travel Stretch Wide Narrow
Year 3 and 4
stretch push pull step spring crawl still slowly tall long forwards high low roll copy jump land balance
Year 5 and 6
Muscles Joints Symmetrical/asymmetrical

Gymnastics Vocabulary

Rotation

Turn

Shape

Landing

Take-off

Flight

Performance/evaluation