**Gymnastics Vocabulary**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| ForwardsBackwardsSidewaysBenchMatTableRollLongSlowOnOffStretchedCurledTuckBody partsTallSmallShapeHoldStillJumpHopBounceTravelCopy | PlaceStretchPushpullhopskipstepspringcrawlstillslowlytalllongwidenarrowupdownforwardshighlowelbowsbottombackaroundthroughextensionrollcopypathwayalongjumplandbalancetensioncurvedstraightzig-zagshapeoverhanggrip | In frontSpeedSlowfastWideShapeNarrowLongLandOverJumpOffHighLowStretchPointBalanceTwistedCurledLevelMediumBackwardsSidewaysForwardsZig zagAngularUnderThroughBehindTensionCopySmoothSequenceHeigh | FlowExplosiveSymmetricalAsymmetricalCombinationEvaluateImproveStretchRefineAdaptPathwayContrastingCurledStretchedSupplenessStrengthInvertedJumpLandOverUnder | 90 degrees180 degreesLeavingApproachingBalanceForwardsBackwardsCombineRotationAgainstTowardsAcrossEvaluateImproveHeightStrengthSupplenessStaminaSpeedLevelWideTuckedStraightTwistedConstructivePointsTwistTurnSafetyRefineAway | DynamicsCombinationContrastingControlMirroringMatchingAccuratelyRefineEvaluateDisplayAsymmetryPerformanceCreateSymmetryRefinementsAssessmentSupplenessStrengthCool downWarm upMusclesJointsExploreRotationSpinTurnShapeLandingTake-offFlight | Co-operateAudienceAssessmentElementsTwistObstaclesRefineAestheticallyCriteriaExtensionJudgementTensionInvertedJudgeDynamicsCombinationCanonCounter-tensionCounter-balanceCriteriaPerformanceImaginativeParallelCreativityFlightTiming |

\*\* Each year will revise Vocabulary from previous years.