



Gymnastics Vocabulary Progression



Year R

Jump

Strong

Rock

Stretch

Crawl

Star

Safe

Move



Year 1

Pike

Squat

Tuck

Straight

Balance

Roll

Start

Finish



Year 2

Straddle

Control

Bunny Hop

Dish

Arch

Link

Sequences



Year 3

Teddy Bear

Perform

Half Turn

Point

Travelling

Patch

Quarter Turn

Create



Year 4

Matching

Mirroring

Elements

Static

Body Tension

Apparatus

Sequences

Fluency

Sashay



Year 5

Symmetrical

Asymmetrical

Communicate

Scissor Kick

Hurdle Step

Vaulting

Canon

Unison

Speed



Year 6

Counter Tension

Counter Balance

Collaborate

Rhythm

Precision

Inverted

Synchronisation

Momentum

Formation