**Gymnastics Vocabulary**

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| EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Forwards  Backwards  Sideways  Bench  Mat  Table  Roll  Long  Slow  On  Off  Stretched  Curled  Tuck  Body parts  Tall  Small  Shape  Hold  Still  Jump  Hop  Bounce  Travel  Copy | Place  Stretch  Push  pull  hop  skip  step  spring  crawl  still  slowly  tall  long  wide  narrow  up  down  forwards  high  low  elbows  bottom  back  around  through  extension  roll  copy  pathway  along  jump  land  balance  tension  curved  straight  zig-zag  shape  over  hang  grip | In front  Speed  Slow  fast  Wide  Shape  Narrow  Long  Land  Over  Jump  Off  High  Low  Stretch  Point  Balance  Twisted  Curled  Level  Medium  Backwards  Sideways  Forwards  Zig zag  Angular  Under  Through  Behind  Tension  Copy  Smooth  Sequence  Heigh | Flow  Explosive  Symmetrical  Asymmetrical  Combination  Evaluate  Improve  Stretch  Refine  Adapt  Pathway  Contrasting  Curled  Stretched  Suppleness  Strength  Inverted  Jump  Land  Over  Under | 90 degrees  180 degrees  Leaving  Approaching  Balance  Forwards  Backwards  Combine  Rotation  Against  Towards  Across  Evaluate  Improve  Height  Strength  Suppleness  Stamina  Speed  Level  Wide  Tucked  Straight  Twisted  Constructive  Points  Twist  Turn  Safety  Refine  Away | Dynamics  Combination  Contrasting  Control  Mirroring  Matching  Accurately  Refine  Evaluate  Display  Asymmetry  Performance  Create  Symmetry  Refinements  Assessment  Suppleness  Strength  Cool down  Warm up  Muscles  Joints  Explore  Rotation  Spin  Turn  Shape  Landing  Take-off  Flight | Co-operate  Audience  Assessment  Elements  Twist  Obstacles  Refine  Aesthetically  Criteria  Extension  Judgement  Tension  Inverted  Judge  Dynamics  Combination  Canon  Counter-tension  Counter-balance  Criteria  Performance  Imaginative  Parallel  Creativity  Flight  Timing |

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