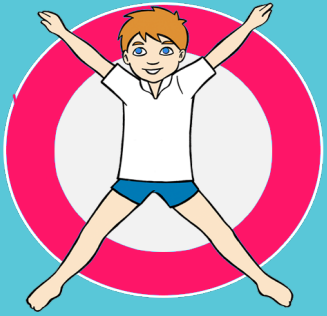


# Gymnastics Vocabulary Progression



**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

Middle

Sequences



**Year 3**

Teddy Bear

Perform

Half turn

Point

Travelling

Patch

Quarter turn

Create



**Year 4**

Matching

Mirroring

Elements

Static

Apparatus

Sequences

Fluency



**Year 5**

Symmetrical

Asymmetrical

Collaborate

Scissor Kick

Hurdle Step

Vaulting

Canon

Unison



**Year 6**

Counter tension

Counter balance

Cat Leap

Evaluate

Precision

Courage

Tension

Momentum

Formation