



**St George's Central CE Primary School and Nursery**

Key Words	Definition	Key Skills
Travel	When the body is moved from place to place, using a range of movement styles.	Rolls - egg roll (tuck shape, knees in and roll over sideways, tuck hands in to chest); log roll (rolling in a straight shape, arms above head); forward roll (tuck shape, roll forwards).
Routine	A routine is made using a specified sequence of skills.	Balances – Children should begin to show a range of balances involving the tuck, straddle, pike, split straight stand positions.
Sequence	A combination of movements designed to show body control.	Travel – Children should be able to move at a range of speeds, in a range of styles and at different levels. Try having different contact points on the floor.
Level	The position a gymnast is in whilst performing a skill (high/ medium/ low).	Coaching Points
Body Tension	Holding the body tight in a controlled manner, often with pointed toes.	Use examples from children to demonstrate good practise including tension, posture, creativity and flow.
Balance	Holding and supporting body weight.	Children should be able to complete a range of rolls and balances both individually and with a partner.
Roll	A complete rotation of the body made whilst on the ground.	Allow the children to review their peers, offering feedback on successes and areas for development.

## The Basic Shapes in Gymnastics



tuck



straddle



pike



split



straight stand

### Assessment Focus

- I can roll, travel and balance in different ways
- I can show control when moving or balancing
- I can copy and repeat movements
- I can work on my own and with a partner
- I can plan a sequence of movements
- I can perform a sequence of movements
- I can improve my sequence based on feedback

**'Never settle for less than your best'**

*Jesus said, 'I am the light of the world. Whoever follows Me will not walk in darkness, but will have the light of life.' John 8:12*