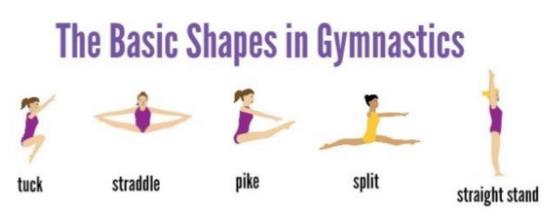
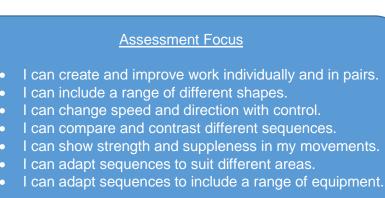




## St George's Central CE Primary School and Nursery

Key Words	Definition	Key Skills
Нор	Taking off and landing on the same foot.	Jumps - Children should be able to make a range of shapes whilst jumping, taking off and landing in different ways (eg hop, bounce, leap, bunny hop, star, half/ full turn, cat leap).
Leap	Taking off and landing on opposite feet.	Balances – Sitting pike, Tuck on back, Supported straddle (hands and feet on floor), Pike V sit, Arabesque, Straddle on shoulders, Star shape, Sitting tuck, Sitting pike, Arch, Dish.
Jump	Both feet leave the ground at the same time.	Coaching Points
Symmetry	Mirroring the work of another person or group.	Tuck – straight back; legs bent and kept together – not crossed. Toes should be pointed.
Counterbalance	Creating a balance using a body part, a partner or a piece of equipment.	Straddle – straight back; arms extended out to the sides and legs straight and toes pointed.
Canon	A sequence where the same movements are copied over a space of time.	Pike – straight back; arms reaching up by ears; legs straight together and toes pointed.
Unison	A sequence where all gymnasts complete the same movement at the same time.	Arabesque – Standing on one leg, the torso is kept upright and the arms are held in a range of positions. The back leg should be kept raised.





**'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