



Gymnastics: Movement CPD Glossary





tucked backward roll	Movement in which the gymnast transitions from standing into a squat position and then rolls backwards, bringing the hips and legs over the top of the body while pushing through the hands to propel the whole body over and back onto the feet.
Uu	
unison	When movements or skills are performed by different gymnasts at the same time.
Vv	
vault	The action of travelling onto or over the vaulting box or other apparatus.
vaulting box	Piece of apparatus used to vault onto or over. Often comprising of wooden sections allowing for variation of height and covered with a padded suede top.



stag leap	Leaping movement in which the gymnast runs and jumps into the stag position in which the legs are in a splits position, but the front leg bends down at the knee and the back leg stays straight or extends up.
standing pike	Position in which the gymnast stands with legs together and straight and hands on the floor in front of the feet.
straddle	Position in which the body faces forward and the legs are spread out wide to the sides.
straddle forward roll	Forward roll that begins and ends in a standing straddle position.
straddle jump	Jumping movement in which the legs are extended out and open in front of the body with toes pointed.
straight jump full turn	Jumping movement in which the gymnast maintains a straight upright position after jumping into the air and then turning through 360 degrees.
straight jump half turn	Jumping movement in which the gymnast maintains a straight upright position after jumping into the air and then turning 180 degrees to face the opposite direction.
style	A manner of doing or presenting something or reflecting specific ideas or an era etc.
Tt	
take off	The action of rising or leaping from a surface and taking flight.
theme	The subject or recurrent idea in a sequence.

Aa	
agility ladder	Flexible strung ladder used during games and training exercises to build stamina and precision for a variety of activities.
apparatus	Variety of equipment used during gymnastics and games classes, designed to support the teaching of specific skills or to build general strength, stamina, precision, etc. e.g. agility table used to practise different jumping skills.
Bb	
backward roll to standing pike*	Backwards roll in which the gymnast brings the legs into a pike position (extended straight out and together) as they come over the top of the body and end in a standing pike position: hands on the ground, body bent at the hips and legs straight.
backward roll to straddle	Backward roll in which the gymnast extends the legs out into a straddle shape (straight and out to the sides) as they come over the top of the body and ends in a standing straddle position.
Cc	
canon	Structure of a sequence in which movements are performed by one person then another in turn.
cartwheel*	Movement in which the gymnast rotates the body sideways through an inverted position, using the hands and arms one at a time to support and propel the body back over to standing.
cat leap*	Movement in which the gymnast leaps into the air by pushing off the ground with one foot and raising one knee then the other high in the air while keeping the toes pointed.

cat leap half turn	Cat leap movement in which the gymnast turns 180 degrees in the air to face the opposite direction.
cat leap full turn*	Cat leap in which the gymnast turns through 360 degrees in the air.
chassis step*	Movement in which the gymnast hops forward or sideways onto the ball of one foot and then brings the ball of the other foot in to meet it, before hopping again onto the ball of the first foot. Performed quickly and fluently.
choreograph/choreography	Planning and arrangement of the movements required for a performance.
control	Awareness and manipulation of physical elements of the body required to execute a skill, e.g. combining elements of strength, coordination and balance to hold a handstand.
Dd	
dive forward and roll	A forward roll performed after first jumping from two feet onto the hands and then controlling the weight of the body through the arms to transition into the roll.
Ff	
flexibility	Range of motion in and around the joints of the body allowing for greater movement, assisted by the lengthening and strengthening of supporting muscles.
fluency	Actions performed smoothly and gracefully and with neat transitions between movements or sections if in a sequence.

routine	A combination of movements such as jumps, turns and leaps; and tumbling skills, like rolls, cartwheels and round-offs, which are linked together creatively and performed to showcase the gymnast's abilities.
Ss	
sequence	A combination of two or more skills performed one after the other.
split leap*	Leaping movement in which the gymnast runs and jumps into a splits position in the air.
springboard	Piece of equipment comprising of a flexible/sprung wooden board, used to rebound off to gain height and momentum, e.g. before performing a skill such as a vault.
squat on vault	Vaulting movement in which the gymnast rebounds off a springboard to land on the vaulting box in a squat position.
squat (position)	Position in which the feet are placed about hip width apart and the body is lowered down keeping the back straight to rest in a crouched position. The weight of the body is through the thighs and feet and the knees should be directly above the ankles.
squat through vault	Vaulting movement in which the gymnast rebounds off a springboard, places hands on the vault just wider than hip-width apart and then tucks up the legs to squat through the hands and over the vault to land on the mat.
stag jump	Jumping move in which the legs are in a splits position, but the front leg bends down at the knee and the back leg stays straight or extends up.

***Split leap**



***Cat leap full turn**



***Stag jump**



***Chassis step**



forward roll from standing	Movement in which the gymnast rolls forward head over heels by placing the back of the head on the ground; beginning and ending in a standing position.
Hh	
headstand	Balance in which the hands are placed flat on the floor with the body and legs supported in an upside-down vertical position.
hurdle step	A movement used to help a gymnast to get into the correct lunge position for take-off prior to performing a tumbling skill, such as a cartwheel or round-off.
hurdle step (onto springboard)	A hop off one foot to land on two feet on the springboard ready for take-off.
Ll	
landing	The ending position of a skill or movement.
linking actions	Movements performed to link sections of a sequence together and create shape and fluency in a performance.
lunge	Position in which the upper body remains upright while one leg is bent at the knee and placed forward of the body, with the other leg positioned straight and behind.
lunge into cartwheel	Cartwheel beginning and ending in a lunge position.
lunge into round-off	Round-off performed from a lunge position.
Pp	
perform	Presentation of a skill or routine to an audience.

pike	Position in which the body is bent forwards from the hips and the legs are straight with pointed toes.
pike backward roll	Backward roll in which the gymnast pikes down, keeping the legs straight and together, and reaches back with the hands to support and guide the movement.
pike forward roll	Forward roll in which the gymnast keeps the legs straight and together throughout the movement.
pike jump	Jumping movement in which the gymnast jumps into a pike position in the air.
pivot	Movement in which the gymnast rotates on the ball of one foot.
press up	Strengthening move in which the gymnast lowers and raises the body from the ground using the arms while keeping the body and legs straight. Can be performed on toes for more of a challenge, or knees to make the move less challenging.
press up position/plank	Static strengthening exercise in which the gymnast holds the body straight while balancing on the toes and supporting their weight by pushing the hands into the floor with straight arms. Shoulders should be above the hands and core muscles tight. Can also be performed by resting on the elbows.
Rr	
rebound	To bounce back after hitting a surface, such as the ground or springboard, with force.
round-off	Movement which begins like a cartwheel then the gymnast brings the legs together quickly as they move over the top of the movement and lands with both feet together.