

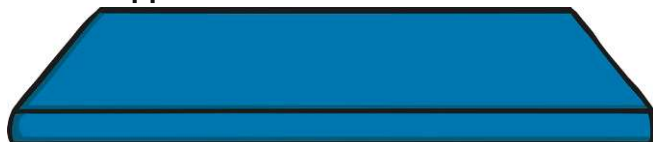
# Gymnastics: Animals

## Glossary



Aa	
<b>Agility Table*</b>	A piece of gym equipment usually consisting of a metal frame and a cushioned top. Agility tables often come in a nest of different height tables. They can be used to climb/jump on and off.
<b>Apparatus*</b>	Gym equipment used to climb, balance on, move along, under, around and through and to jump on and off.
Bb	
<b>Beam</b>	Used to balance and move along.
<b>Bench</b>	Piece of gymnastic equipment used for walking or balancing on or jumping off. It can be used flat on the floor or attached at one end to an agility table to provide a rising surface.
<b>Bounce</b>	Make small jumps, feet barely leaving the ground, from two feet to two feet. Bend ankles, knees and hips to absorb the shock. Keep arms bent at right angles at the elbow.
Cc	
<b>Climbing Frame*</b>	Climbing frames that can be set out and secured with ladders and bolts provide children with the opportunity to move, balance and climb at height.
<b>Curled Sideways/ Egg Roll*</b>	Curl up like an egg with the chin tucked in. Roll sideways from back to front in a curled position with knees tucked in. Keep the body tense.

**Apparatus\***



Tt	
<b>Teddy Bear Roll*</b>	Sit with wide and straight legs and hold them with hands. Pull one leg and arm upwards and roll onto the shoulder. Roll across the back on to the other shoulder until the other leg rises up. Come back to a seated position with wide legs having completed a 180° turn. Keep the legs straight throughout.
<b>Tiptoe</b>	Walk softly on the balls of the feet, with heels raised.
<b>Tuck Jump*</b>	Jump from two feet, bending knees and pushing upwards. Bring the knees up towards the chest keeping back straight and head up. Take the arms over the head for propulsion and bring out in front at shoulder height to land. Land on two feet, bending ankles, knees and hips. Land on the balls of the feet.

**Teddy Bear Roll\***



**Tuck Jump\***



Jj	
<b>Jump</b>	Jump higher from two feet to two feet. Bend ankles, knees and hips to absorb the shock. Swing arms for propulsion.
<b>Jumping Jacks</b>	Jump from two feet and land on two feet. Bend the ankles, knees and hips for take off and landing. Spread arms and legs wide as you jump. Land on the balls of the feet. Bring the legs back together to land.
Ll	
<b>Ladder</b>	Wooden or metal ladders can be attached to agility tables to provide a method of traversing between them or at an angle to the floor to provide a sloping surface to negotiate.
<b>Log Roll*</b>	Roll sideways from back to front in a stretched position with legs together and arms stretched above head.
Ss	
<b>Skip</b>	Hop on the ball of one foot with a bent knee. Step forward with the other foot and then hop with that same foot. Next step forward with the other foot. Do this to a fast rhythm.
<b>Straight Jump</b>	Jump from two feet to two feet. Bend the ankles, knees and hips for take off and landing. Jump straight up, keeping the body straight, arms high and head up. Land on the balls of the feet.



Gg	
<b>Gallop*</b>	Step forward and transfer body weight to the back foot with a small jump. The front foot then steps forward again. The same foot remains forwards during the gallop. Keep arms at shoulder height.
Hh	
<b>Half Turn Jump</b>	Jump from two feet. Bend the ankles, knees and hips and turn mid jump to face the opposite direction and land on both feet, bending the ankles, knees and hips. Land on the balls of the feet.
<b>Hopscotch</b>	Jump from two feet to one foot and from one foot to two feet as you do when playing a game of 'Hopscotch'.
<b>Horse*</b>	A piece of gym equipment, usually made from wood with a cushioned top. They often come in different heights or their height can be extended by adding extra blocks. They can be used to climb/jump on and off.

