



Gymnastics: Under the Sea

Glossary



Cc	
Crouched forward roll	Movement in which the gymnast rolls head over heels by placing the back of the head on the ground. Start from a crouched position.
Dd	
Dish roll	Lie on the back with arms above the head. Lift the arms and legs slightly from the floor to create a curved dish shape. Roll sideways from back to front, keeping the body stretched.
Ee	
Egg roll	Curl up like an egg with the chin tucked in. Roll sideways, keeping the body tense.
Hh	
Half turn jump	Jumping movement in which the gymnast jumps in the air and turns 180 degrees, landing upright and facing the opposite direction.
Jj	
Jumping jack*	Jump from two feet, bending knees and pushing upwards. Open arms and legs sideways to create a star shape in the air. Land on the balls of two feet, bending the knees. Bring the arms in front at shoulder-height for landing.
Ll	
Landing*	The ending position of a skill or movement.
Log roll	Roll sideways from back to front in a stretched position with legs together and arms stretched above head.

Ss	
Sequence	A combination of two or more skills performed one after the other.
Straight jump*	Jump from two feet to two feet. Bend the knees, hips and ankles for take-off and landing. Jump straight up, keeping the body upright and the head up. Bend the knees when landing and bring the arms in front at shoulder-height.
Tt	
Teddy bear roll*	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 onto the other shoulder until the other leg rises up. Come back to a seated position with wide legs, having turned 180 degrees. Keep the legs straight throughout.
Travel	A basic action of movement, e.g. skipping, running, hopping, etc.
Tuck jump	Jump from two feet, bending knees and pushing upwards. Bring the knees up towards the chest, keeping the body straight and head up. Take the arms over the head for propulsion and bring them in front at shoulder-height for landing. Land on the balls of two feet, bending the knees.

