

Y5 Gymnastics: Movement Glossary



***backward roll to standing pike**



***chassis step**



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. for example an agility table used to practise different jumping skills.

Bb

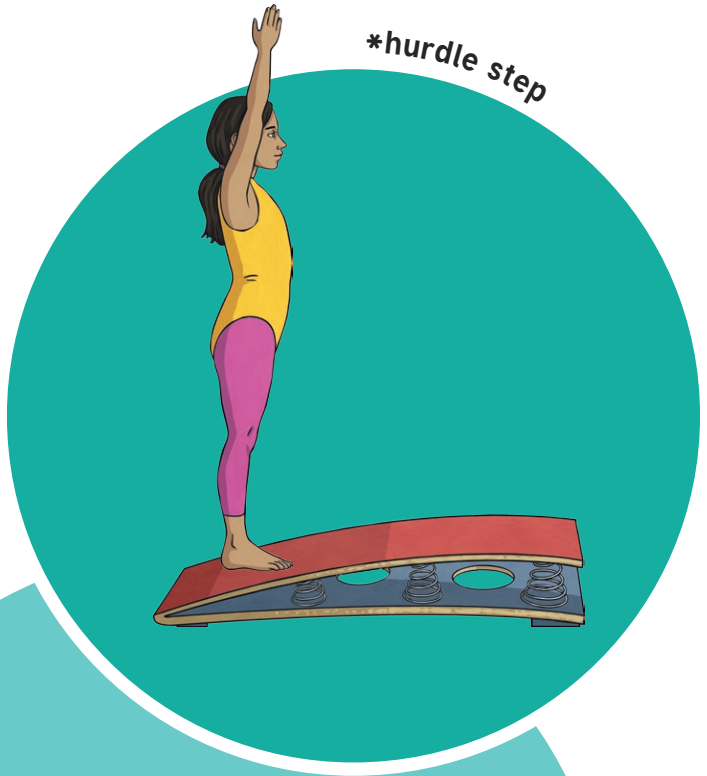
*backward roll to standing pike	Backwards roll in which the gymnast brings the legs into a pike position (extended straight out and together) as they come over the top of the body and ends in a standing pike position: hands on the ground, body bent at the hips and legs straight.
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Cc

canon	Performing movements with a partner or group but starting at different times to perform one after the other, often overlapping.
*chassis step	Movement in which the gymnast hops forward or sideways onto the ball of one foot 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.

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.
Hh	
*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 while the other leg is positioned straight and behind.
Pp	
pike	Position in which the body is bent forwards from the hips and the legs are straight with pointed toes.
*pike forward roll	Forward roll in which the gymnast keeps the legs straight and together throughout the movement.
pivot	Movement in which the gymnast rotates on the ball of one foot.

**hurdle step*

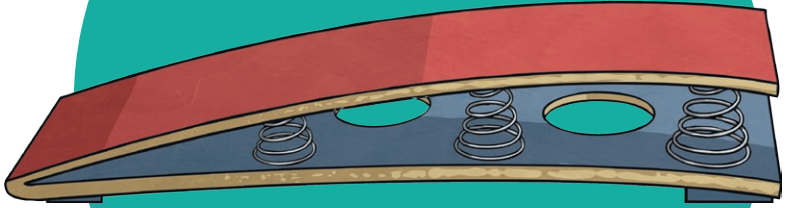


**pike forward roll*



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	
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.
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.
*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.
*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.

**springboard*



**stag jump*



*split leap	Leaping movement in which the gymnast runs and jumps into a splits position in the air.
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.
style	A manner of doing or presenting something or reflecting specific ideas or an era, etc.
Tt	
theme	The subject or recurrent idea in a sequence.
Uu	
unison	Performing movements at the same time as others
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.

**squat through vault*



**split leap*



