

<b>Subject</b>	<b>PE</b>
<b>Unit</b>	Gymnastics

Key vocabulary	Definition
<b>Sequence/Routine</b>	A group of movements that have been put together in a well-thought out order so that one flows into the next
<b>Balance</b>	A position where you are really still and do not move
<b>Rotation</b>	Any movement where you turn, this can be vertical as in a twisting jump or horizontally as in a forward roll or cartwheel
<b>Acro</b>	A form of gymnastics where we use balances in pairs, threes or fours to form the main part of a sequence
<b>Rhythmic</b>	A form of gymnastics, which involves a lot of dance but also equipment that is combined with the movement of the gymnast for example ribbons, balls, hoops
<b>Agility</b>	Being able to move quickly in and out of position e.g. forward roll
<b>Flexibility</b>	Range of movement / motion around a joint e.g. splits
<b>Explosive</b>	A sudden quick movement that moves your body e.g. a jump
<b>Flow</b>	Where the end of one movement is the start of the next so there is no pause between movements
<b>Extension</b>	The part of the body or the whole body is fully straight with no bends
<b>Tumble</b>	A set of movements that are joined together to take you across a mat