

Reception
Forwards Backwards Sideways Bench Mat Table Roll Long Slow On Off Stretched Curled Tuck Body parts Tall Small Shape Hold Still jump Hop Bounce Travel copy
Year 1
Place Stretch Push Pull Hop Skip Step Spring Crawl Atill Slowly Tall Long Wide Narrow Up Down Forwards

## PE Gymnastics Vocabulary

High  
Low  
Elbows  
Bottom  
Back  
around  
Through  
Extension  
Roll  
Copy  
Pathway  
Along  
Jump  
Land  
Balance  
Tension  
Curved  
Straight  
Zig-zag  
Shape  
Over  
Hang  
grip

### **Year 2**

In front  
Speed  
Slow  
Fast  
Wide  
Shape  
Narrow  
Long  
Land  
Over  
Jump  
Off  
High  
Low  
Stretch  
Point  
Balance  
Twisted  
Curled  
Level  
Medium

Backwards  
Sideways  
Forward  
Zig-zag  
Angular  
Under  
Through  
Behind  
Tension  
Copy  
Smooth  
Sequence  
Height

**Year Three**

Flow  
Explosive  
Still  
Slowly  
Tall  
Long  
Wide  
Narrow  
Up  
Down  
Forwards  
High  
Low  
Elbows  
Bottom  
Back  
Around  
Through  
Extension  
Roll  
Copy  
Pathway  
Along  
Jump  
Land  
Balance  
Tension  
Curved  
Straight  
Zig zag

Shape over  
Hang  
Grip  
Symmetrical  
Asymmetrical  
Combination  
Evaluate  
Improve  
Stretch  
Refine  
Adapt  
Pathway  
Contrasting  
Curled  
Stretched  
Suppleness  
Strength  
Inverted  
Jump  
Land  
Over  
Under

**Year Four**

90 degrees  
180 degrees  
Leaving  
Approaching  
Balance  
Forwards  
Backwards  
Combine  
Rotation  
Against  
Towards  
Across  
Evaluate  
Improve  
Height  
Strength  
Suppleness  
Stamina  
Speed  
Level  
Wide  
Tucked

Straight  
Twisted  
Constructive  
Points  
Twist  
Turn  
Safety  
Refine  
Away

**Year Five**

Dynamics  
Combination  
Contrasting  
Control  
Mirroring  
Matching  
Accurately  
Refine  
Evaluate  
Display  
Asymmetry  
Performance  
Create  
Symmetry  
Refinements  
Assessment  
Suppleness  
Strength  
Cool down  
Warm up  
Muscles  
Joints  
Explore  
Rotation  
Spin  
Turn  
Shape  
Landing  
Take-off  
Flight

**Year Six**

Cooperate  
Audience  
Assessment  
Elements

Twist  
Obstacles  
Refine  
Aesthetically  
Criteria  
Extension  
Judgement  
Tension  
Inverted  
Judge  
Dynamics  
Combination  
Canon  
Counter-tension  
Counter-balance  
Performance  
Imaginative  
Parallel  
Creativity  
Flight  
Timing