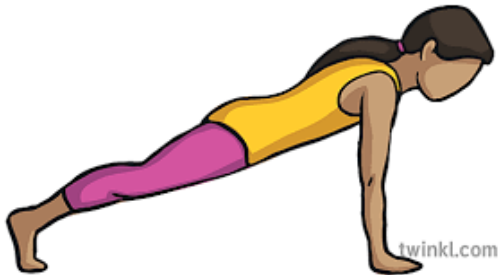




# Year 1: Gymnastics Proficiency

Subject Specific Vocabulary		Important Information	Important knowledge
<b>space</b>	Not touching anyone or anything.		<input type="checkbox"/> I can perform a tuck, pike and straddle shape.
<b>travel</b>	Moving from one place to another.		<input type="checkbox"/> I know how to perform a straight shape, star shape, side arabesque and standing star rock.
<b>aware</b>	Knowing what is going on around you.	Front support	<input type="checkbox"/> I know how to perform a front support and back support.
<b>front support</b>	Balancing on hand and feet with the stomach facing down, keeping the hips inline with the shoulder.		<input type="checkbox"/> I know how to perform bunny hops.
<b>present</b>	A way to show you are ready to begin your performance.		<input type="checkbox"/> I know how to perform a bent and straight leg dish and arch.
<b>link</b>	Connecting different skills together.		<input type="checkbox"/> I can perform a travel, turn and twist sequence.
<b>transition</b>	Changing from one skill to another.		<input type="checkbox"/> I can link my shapes together in a sequence.
<b>consecutive</b>	One after each other without stopping.		
<b>flexibility</b>	The ability to be supple and stretch.	Bunny hop	
<b>bunny hop</b>	From a squat position with hands on the floor, push/jump bottom towards the sky keeping body tight.		
<b>mount</b>	A skill to get on different pieces of apparatus.		