
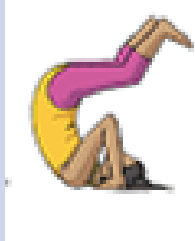








# Year 5 Knowledge Mat - Gymnastics floor

Subject Specific Vocabulary		Gymnastics Floor		Important Knowledge
<b>frog balance</b>	Hands on the floor with elbows spread out. Knees balances on the elbows and keeping the body still.			<div><input type="checkbox"/> I can perform shapes individually, with a partner and as a group routine.</div> <div><input type="checkbox"/> I can perform all types of jumps using control and tension.</div> <div><input type="checkbox"/> I can perform jumps with confidence linking it to a shape.</div> <div><input type="checkbox"/> I am beginning to link jumps with an entrance and exit to begin a routine.</div>
<b>backward roll</b>	A motion where the body rotates over the head landing on the feet.			
<b>bridge</b>	Four point balance pushing hips up to sky with an arched back.			
<b>counter</b>	A balance in pairs in which each partner is supporting the other's weight by pushing against each other.			
<b>tension</b>	A balance in pairs in which each partner is supporting the others weight by pulling against each other.			
<b>flexibility</b>	The ability to move a body joint through its full range of motion in pending.			
<b>core strength</b>	a person's ability to stabilize their core.			
<b>handstand</b>	a pose that is an inversion posture of standing head down.			
<b>headstand</b>	A pose that is an inversion posture of standing hands down.			
<b>cannon</b>	this technique requires children to take it in turns to perform a movement that is then identically copied and performed by others.	