



# Year 3: Gymnastics - Proficiency

Subject Specific Vocabulary		Important Information	Important knowledge
<b>footwork</b>	How the feet move before, during and after a skill.	 <p>Split leap</p>  <p>Japan</p>	<input type="checkbox"/> I know how to perform a split leap and cat leap.
<b>body position</b>	How your body looks when performing a skill.		<input type="checkbox"/> I know how to perform a japaana.
<b>tension</b>	Keeping parts of the body strong.		<input type="checkbox"/> I know how to perform a straight, tucked and straddle roll.
<b>support</b>	Using an object or person to remain balanced.		<input type="checkbox"/> I know how to jump on the box using a hurdle step.
<b>japana</b>	A stretch towards the floor whilst sat in a straddle.		<input type="checkbox"/> I know how to perform a shoulder stand.
<b>hurdle step</b>	The final step before taking off for a skill.		<input type="checkbox"/> I know how to perform a tuck, star, straight, ½ turn and wolf jump from 3 different heights.
<b>arabesque</b>	A pose on one leg with the other leg extended behind the body.		<input type="checkbox"/> I can perform a routine in a competition.
<b>forward roll</b>	A movement in which the body is turned heels over head with the back of the neck resting on the ground.		
<b>v-sit</b>	The legs are raised off the floor in a deep pike position and the arms and legs form the general appearance of a “V” shape.		
<b>sequence</b>	Two or more skills which are performed together creating a different combination skill.		