

# Year 2: Gymnastics – Floor Work

Subject Specific Vocabulary		Important knowledge
<b>technique</b>	The way skills are executed.	<input type="checkbox"/> I know how to develop individual skills using coordination and balance.
<b>skill</b>	Flexibility, core strength, balance, power, focus, dedication.	
<b>tactic</b>	The techniques chosen as part of a routine.	<input type="checkbox"/> I know how to use momentum when performing different actions whilst being aware.
<b>tension</b>	When your body is held tight.	
<b>core</b>	The central part of your body. (pelvis, lower back, hips and stomach)	<input type="checkbox"/> I know how to link skills together to invent a creative sequence whilst working on my body position.
<b>coordination</b>	The ability to use the right muscles at the right time to perform a movement.	
<b>balance</b>	A position with holds the body in a shape.	<input type="checkbox"/> I know how to display power and confidence when completing different actions individually and with a partner.
<b>rebound</b>	The bounce up from momentum.	
<b>momentum</b>	The motion of movement used to help perform a skill.	<input type="checkbox"/> I know how to learn and link skills together to create a routine.
<b>sequence</b>	Two or more positions or skills performed together.	

