


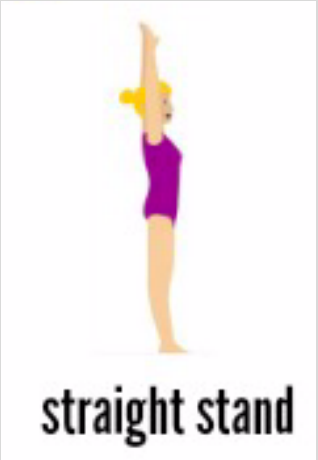


# Year 2: Gymnastics - Apparatus

Subject Specific Vocabulary		Important Information	Important knowledge
<b>technique</b>	The way skills are executed.	 <p>Gymnastics Pike Position</p>	<input type="checkbox"/> I know how to move my body using creativity and tension to create different types of shapes.
<b>skill</b>	Flexibility, core strength, balance, power, focus, dedication.		<input type="checkbox"/> I know how to perform gymnastics rolls using momentum, whilst thinking about how my body shape changes.
<b>Tactic</b>	The techniques chosen as part of a routine.		<input type="checkbox"/> I know how to transform my shapes into jumps with and without equipment using balance and control.
<b>Aim</b>	To point or direct at a target		<input type="checkbox"/> I know how to use creativity, control and awareness to create balances using different equipment.
<b>Coordination</b>	The ability to be in control of body movements.	 <p>straddle</p>  <p>tuck</p>	<input type="checkbox"/> I know how to safely balance and travel on equipment at various heights, whilst working with a small group.
<b>straight</b>	Stand with your bottom squeezed, hips tucked under, core tight, and with your arms straight and by your ears.		<input type="checkbox"/> I know how to show a good sports player attitude to compete within a team.
<b>tuck</b>	A position in which the knees and hips are bent and drawn into the chest; the body is folded at the waist.		
<b>star</b>	Both arms and legs reach out to the sides to create a star shape in the air.		
<b>straddle</b>	Keep back straight at 90° to wide straight legs. Stretch arms out.	 <p>straight stand</p>	
<b>pike</b>	A position in which you jump into the air bent at the waist with straight legs out.		