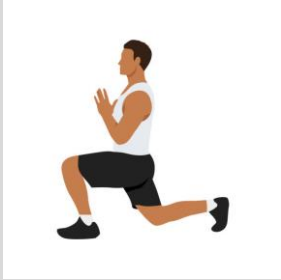
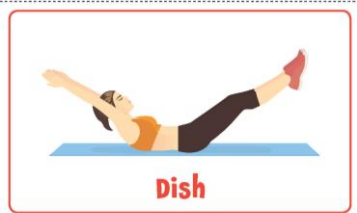



Year 2: Gymnastics Proficiency

Subject Specific Vocabulary		Important Information	Important Knowledge
incline	A slope or a slant.	 <p>lunge</p>  <p>Dish</p>  <p>Arch</p>	<ul style="list-style-type: none"> <input type="checkbox"/> I can perform a dish to arch transition. <input type="checkbox"/> I can perform front and back supports. <input type="checkbox"/> I can perform rebound jumps. <input type="checkbox"/> I can perform consecutive donkey kicks. <input type="checkbox"/> I can perform a tuck round to shoulder stand. <input type="checkbox"/> I can roll a ball to a partner with control. <input type="checkbox"/> I can link different jumps together. <input type="checkbox"/> I can hold a japana stretch. <input type="checkbox"/> I can hold an arabesque balance. <input type="checkbox"/> I can bunny hop over a bench. <input type="checkbox"/> I can travel alongside a hoop. <input type="checkbox"/> I can create a sequence using a range of skills that link. <input type="checkbox"/> I can evaluate another performance.
rotation	Turning or rolling over.		
lunge	A large step with the front leg bent.		
placement	Where you put your hand or feet.		
dismount	The way you get down off something.		
technique	How you perform something.		
skill	An element of gymnastics.		
arch	On stomach with legs and arms lifted and stretched.		
dish	On back with legs and arms lifted and stretched.		
coordination	When two or more body parts work together.		
incline	A slope or a slant.		