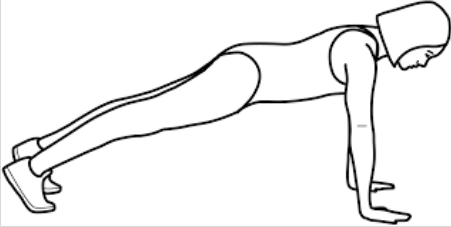

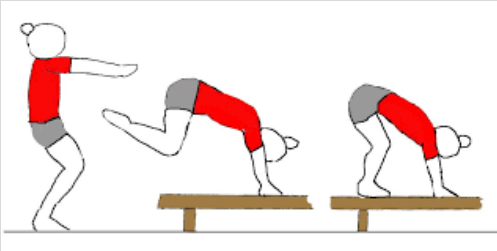


Year 1: Gymnastics Proficiency

Subject Specific Vocabulary		Important Information	Important knowledge
space	Not touching anyone or anything.		<ul style="list-style-type: none"> <input type="checkbox"/> I can perform a tuck, pike and straddle shape. <input type="checkbox"/> I know how to perform a straight shape, star shape, side arabesque and standing star rock. <input type="checkbox"/> I know how to perform a front support and back support. <input type="checkbox"/> I know how to perform bunny hops. <input type="checkbox"/> I know how to perform a bent and straight leg dish and arch. <input type="checkbox"/> I can perform a travel, turn and twist sequence. <input type="checkbox"/> I can link my shapes together in a sequence.
back support	Balancing on hand and feet with the stomach facing up.		
aware	Knowing what is going on around you.		
front support	Balancing on hand and feet with the stomach facing down.		
present	A way to show you are ready to begin your performance.		
link	Connecting different skills together.		
transition	Changing from one skill to another.		
consecutive	One after each other without stopping.		
flexibility	The ability to be supple and stretch.		
bunny hop	From a squat position with hands on the floor, push/jump bottom towards the sky keeping body tight.	<p>Bunny hop</p>	
mount	A skill to get on different pieces of apparatus.		