



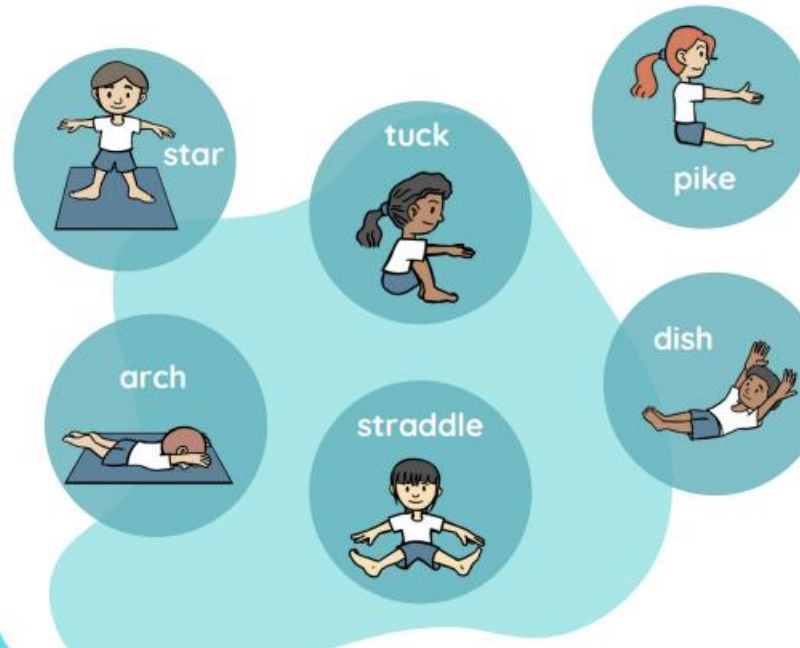
Gymnastics

The children will be exploring different movements (an act of moving), rolls, jumps and shapes to create sequences (a set of related movements followed in order).

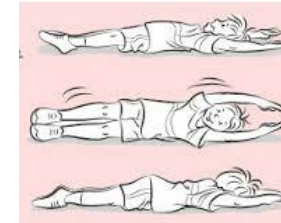
Key vocabulary:

Action
Control
Direction
Level
Speed
Roll
Shape
Balance

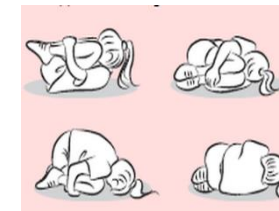
Basic Shapes



Types of Rolls



Straight roll:
Arms straight by ears, leg straight with toes pointed. Keeping straight roll.



Barrel roll: Legs pulled towards chest, arms wrapped around, head tucked in, then roll.



Forward roll:
Crouch down, hands on the floor, head tucked in, roll over and stand up straight.

Types of movement



Running

Walking



Hopping

Sliding

Skipping



Jumping

Crawling



Rolling