

# How might I encourage others?

| Key Vocabulary     | Gymnastics                                                                                                        |
|--------------------|-------------------------------------------------------------------------------------------------------------------|
| <b>Neat</b>        | Performing movements cleanly and tidily, with good posture and no unnecessary wobbling or extra steps.            |
| <b>Straight</b>    | Keeping the body aligned, such as straight legs, arms, or back during skills like jumps, handstands, or balances. |
| <b>Tense</b>       | Engaging your muscles to stay strong and controlled during movements or holds.                                    |
| <b>Performance</b> | A routine that shows gymnastics skills, control, expression, and confidence.                                      |
| <b>Roll</b>        | A movement where the gymnast rotates their body along the floor, such as a forward roll, or backward roll.        |
| <b>Balance</b>     | Staying steady on the floor or apparatus, keeping the body controlled so you don't wobble or fall.                |
| <b>Express</b>     | Using body movements, posture, and facial expression to show emotion or tell a story as part of a routine.        |

| Steps to Success in Gymnastics                     |
|----------------------------------------------------|
| To be able to perform 5 key shapes                 |
| To move with control                               |
| To balance using different parts of my body        |
| To link movements                                  |
| To use different pieces of equipment and apparatus |
| To participate in a performance                    |

