

How might I perform a sequence?

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

