

# How do I perform with control?

| Key Vocabulary      | Gymnastics                                                                                                              |
|---------------------|-------------------------------------------------------------------------------------------------------------------------|
| <b>Balances</b>     | Holding a still body position using control and strength, sometimes on one foot, hands, or different parts of the body. |
| <b>Jumps</b>        | Movements where the body pushes off the ground and lifts into the air before landing safely.                            |
| <b>Sequence</b>     | A series of movements performed one after another in a planned order.                                                   |
| <b>Routine</b>      | A complete performance that combines different skills—such as balances, rolls, and jumps—into one smooth sequence.      |
| <b>Rolls</b>        | Movements where the body rotates on the floor, such as forward rolls, or backward rolls.                                |
| <b>Coordination</b> | The ability to use different parts of the body together smoothly and efficiently.                                       |
| <b>Apparatus</b>    | Equipment used in gymnastics, such as mats, beams, ropes, benches, or vaults.                                           |

## Steps to Success in Gymnastics

To perform 9 key shapes

To travel using different levels at different speeds

To create sequences of movements, shapes, balances and rolls

To work with others mirroring and cannoning

To perform in front of others

