



Gymnastics Vocabulary

Year 1 and 2

Forwards
Backwards
Sideways
Roll
Slow
Body parts
Shape
Jump
Travel
Stretch
Wide
Narrow

Year 3 and 4

stretch
push
pull
step
spring
crawl
still
slowly
tall
long
forwards
high
low
roll
copy
jump
land
balance

Year 5 and 6

Muscles
Joints
Symmetrical/asymmetrical
Rotation
Turn
Shape

Gymnastics Vocabulary

Landing

Take-off

Flight

Performance/evaluation