

Key Vocabulary			
Position	Apparatus	Extension	Tuck
Straddle	Sequence	Balance	Travel

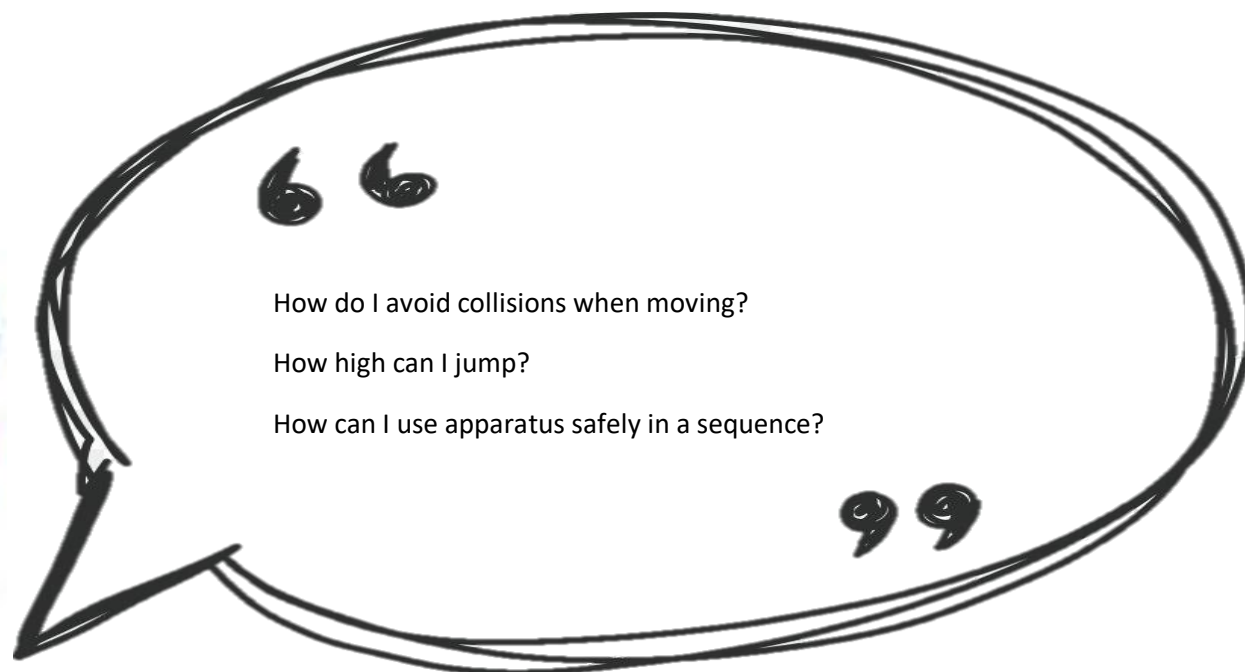


In Early Years, you learnt to:

Negotiate space and obstacles safely, with consideration for yourself and others.

Demonstrate strength, balance and coordination when playing.

Move energetically, such as running, jumping, dancing, hopping, skipping and climbing



Key facts for gymnastics	Key skills for gymnastics
- How to use rhythm when travelling - How to use equipment with accuracy - How to travel with safety and control - How to use speed skilfully - How to demonstrate the correct posture	- Perform a single straight shape with extension - Perform a travel and role - Jump 2 feet to 2 feet with shapes (straight, tuck, wide) - Apply skills of travelling, rolling and jumping in to a sequence - Combine travelling and shapes in to a sequence# - Apply skills of travelling using apparatus