



## 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



## Gymnastics Vocabulary

Symmetrical/asymmetrical

Rotation

Turn

Shape

Landing

Take-off

Flight

Performance/evaluation