

Vocabulary Pyramid

Gymnastics



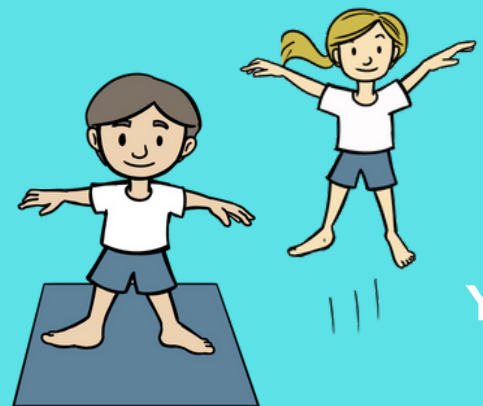
Get Set 4
Education

EYFS



move
copy
shape
rock
around
sideways
forwards

over
space
safely
travel
backwards



Year 1

action jump roll level

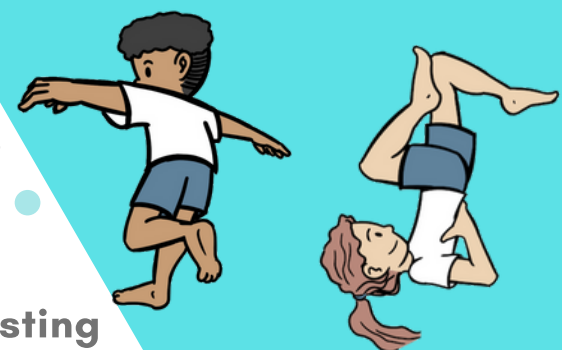
direction speed point balance



Year 2



link pathway sequence tuck
straddle speed star pike



Year 3

flow explore create
matching interesting control contrasting



Year 4

quality perform inverted
technique apparatus extension

Year 5

symmetrical rotation aesthetics canon
asymmetrical synchronisation progression



Year 6

momentum fluently stability
formation counter balance counter tension