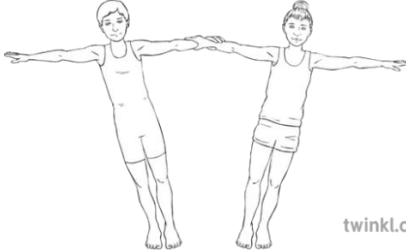
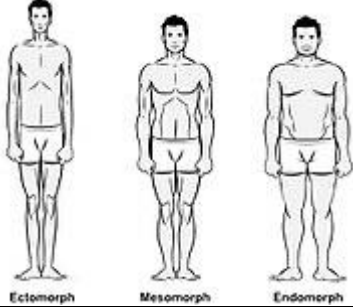



Year 8 Gymnastics Vocabulary

Vocabulary	Definition	Example
Balance	Holding a steady position so that you don't fall	A balance such as a handstand should be held for a minimum of 3 seconds
Roll	Move body through a rotation	A log roll, cartwheel and forwards roll are examples of different rolls
Tension	Contraction of the muscles to hold a position/perform a move/apply a force	Good body tension is required for aesthetic performances
Precision	the quality, condition, or fact of being exact and accurate	Good precision is required for safety and aesthetic performances
Control	The ability to manage a movement or balance	Good control in a forwards roll allows the performer to m
Pyramid	an object, shape, or arrangement in the form of a pyramid	Performers arrange themselves into a pyramid shape at the end of a performance
Aesthetic	Concerned with how nice/beautiful something looks	An aesthetic jump is performed with tension, precision and control. It looks good/beautiful.
Counter balance	2 weights (performers) that balance each other out	 <p style="text-align: right; font-size: small;">twinkl.com</p>
Somatotype	a category to which people are assigned according to their bodily physique (usually endomorphic, mesomorphic, or ectomorphic)	 <p style="text-align: center; font-size: x-small;">Ectomorph Mesomorph Endomorph</p>
Rhythmic	Relating to rhythm/dance	Rhythmic gymnastics involves performing to music with a ball, hoop or ribbon.

Unison	Performing the same thing at the same time	
Canon	When performers perform the same thing in succession.	Performers might begin the same routine in the same order but start at different times e.g. like a Mexican wave.