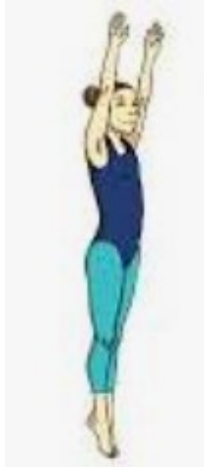


PE Knowledge Map - Spring 1 - Gymnastics

vocabulary



Jump



Turn



Roll

1	Balance	The holding of a static gymnastic position which uses good core strength.
2	Symmetry	A balance where both sides of the body are the same.
3	Asymmetry	A balance where the sides of the body are not the same.
4	Sequence	A range of gymnastics movements.
5	Jump	The transfer of weight from one or both feet to both feet.
6	Turn	To rotate your body 360 degrees while standing on the ball of your foot.
7	Roll	A complete rotation of the body on the ground.