

Direction:

- Forwards
- Backwards
- Sideways
- Up
- Down

Skill Performance:

- Single action
- Linked
- Sequence
- Routine

Balance:

- Individual
- Partner
- Group
- Counter Balance
- Counter Tension
- Body part

Level or height:*Body or Equipment*

- Low
- Middle
- High

Body Shape:

- Straight
- Tuck
- Star
- Straddle
- Pike
- Dish
- Arch
- Front support
- Back support
- V Sit

Speed:

- Stop
- Slow
- Medium
- Fast



Primary School Curriculum Gymnastics

Hazel Colton
hpc-gymnastics.co.uk

CHECK AND CHALLENGE

Relationships:

- Individual
- Partner
- Group
- Apparatus

Qualitative factor:

- Stillness
- Tension
- Extension
- Control
- Co-ordination
- Flexibility
- Mobility
- Stretched
- Continuity
- Variety

Compositional ideas to suggest or look for

Pathway:

- Straight
- Curved
- Angular/zigzag
- Over
- Under
- Through
- Around

**Spatial &
Dynamic factor:**

- Speed
- Shape
- Level
- Direction
- Pathway
- Contact Base

Timing:

- Unison
- Canon
- Fast
- Slow
- Flowing
- Stop/start
- Fluency

Movement:

- Rotation
- Turning
- Twisting
- Wheeling
- Rocking
- Rolling
- Spinning
- Circling
- Swinging
- Jumping
- Flight
- Lifting
- Lowering
- Travelling
- Balancing
- Body waving