

BODY TENSION
STRETCHED

ACTION
STRETCH

HEIGHT
HIGH

SHAPE
STRAIGHT



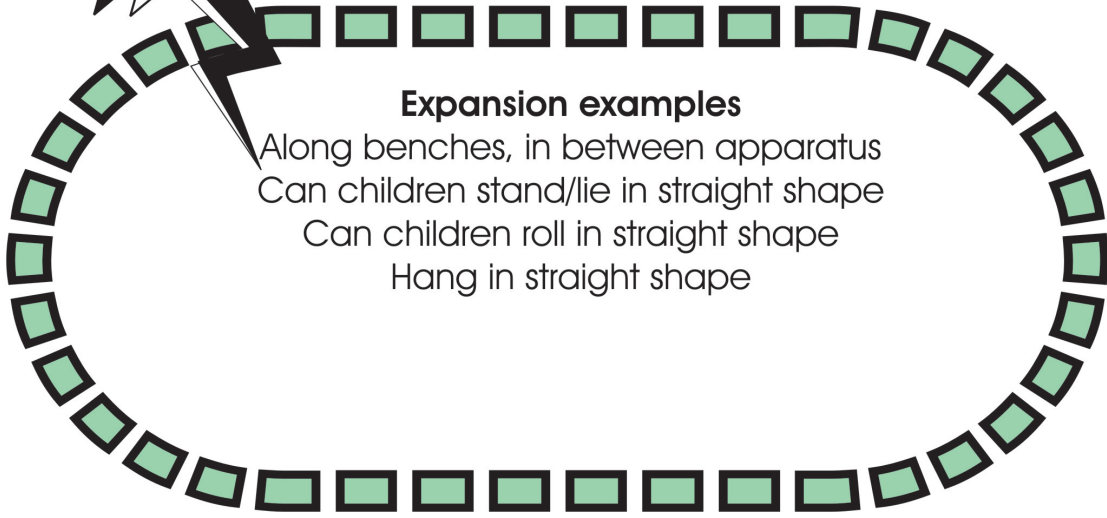
SPEED
SLOW
MEDIUM

DIRECTION
FORWARD
SIDWAYS BACKWARDS

BODY PART
ON TOES, ARMS AND
HANDS HIGH

Specific
Gymnastics Vocabulary
Straight shape

PATHWAY
STRAIGHT,
CURVED
ZIG ZAG



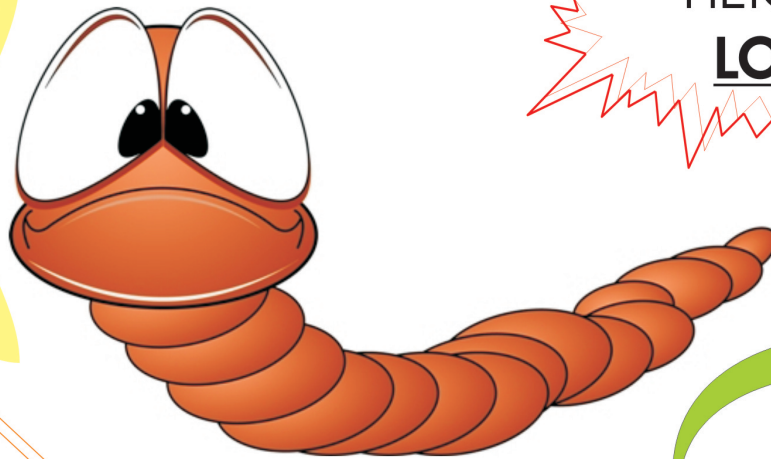
Expansion examples
Along benches, in between apparatus
Can children stand/lie in straight shape
Can children roll in straight shape
Hang in straight shape

BODY TENSION
RELAXED

ACTION
SLIDE

HEIGHT
LOW

SHAPE
STRAIGHT
THIN
NARROW



DIRECTION
FORWARD
SIDEWAYS

SPEED
SLOW

BODY PART
TUMMY, BACK, SIDE

Specific
Gymnastics Vocabulary
STRAIGHT

PATHWAY
STRAIGHT,
CURVED

Expansion examples

Rock and roll in straight shape
Pull along a bench on tummy
Slide under bench, stool, through hoops, between markers etc

BODY TENSION
STRETCHED

ACTION
WALK WIDE

HEIGHT
Middle/High

SHAPE
STAR WIDE



SPEED
SLOW

DIRECTION
FORWARD
SIDEWAYS

BODY PART
FEET, ARMS WIDE
LEGS WIDE

Specific
Gymnastics Vocabulary
STAR shape
STRADDLE

PATHWAY
STRAIGHT,
CURVED
ZIG_ZAG

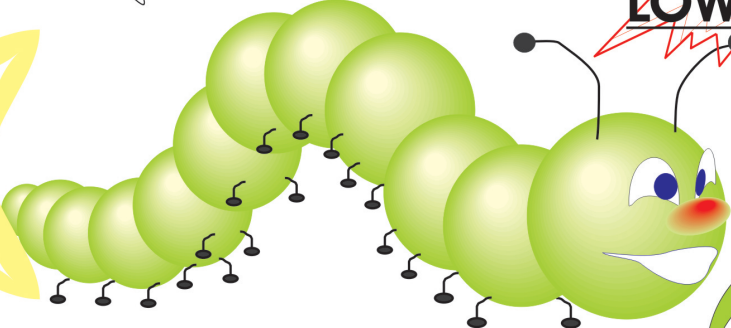
Expansion examples
Jump in and out of star shape (jump jacks)
Star jumps
Sitting in a star shape is called STRADDLE
Balance in star, or in straddle
Hang in star or straddle
Rock and roll in straddle - 'TEDDY BEAR ROLL'

ACTION
CATERPILLAR WALK

BODY TENSION
RELAXED

HEIGHT
LOW to MEDIUM

SHAPE
STRAIGHT
PIKE

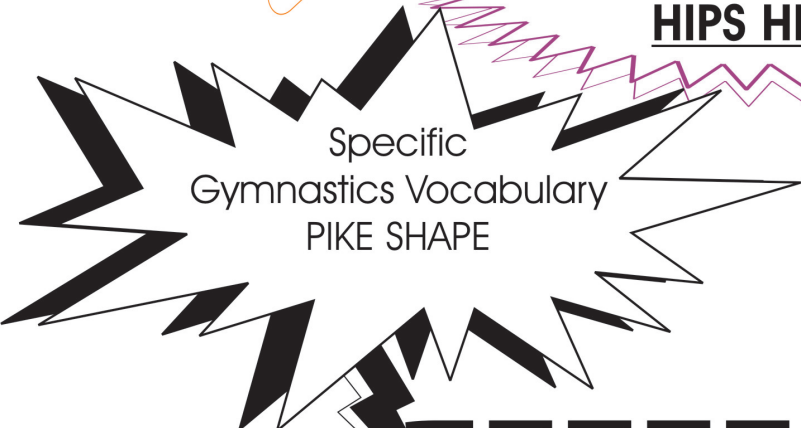


SPEED
SLOW

DIRECTION
FORWARD
SIDEWAYS

BODY PART
HANDS & FEET
HIPS HIGH

PATHWAY
STRAIGHT,
CURVED
ZIG_ZAG



Specific
Gymnastics Vocabulary
PIKE SHAPE

Expansion examples
 Along a bench
 In and out of hoops
 Good for weight bearing on hands and arms - can also get children to walk along a bench with feet on the bench and hands on the floor.
 Used as a preparation for forward rolls
 Balance in pike, sitting, standing
 Hang in pike