



Vocabulary Progression – PE: Gymnastics

Reception	Year 1/2		Year 3/4		Year 5/6	
Forwards	place	In front	Flow	90 degrees	Dynamics	Co-operate
Backwards	stretch	Speed	Explosive	180 degrees	Combination	Audience
Sideways	push	Slow	Symmetrical	Leaving	Contrasting	Assessment
Bench	pull	fast	Asymmetrical	Approaching	Control	Elements Twist
Mat	hop	Wide	Combination	Balance	Mirroring	Obstacles Refine
Table	skip	Shape	Evaluate	Forwards	Matching	Aesthetically
Roll	step	Narrow	Improve	Backwards	Accurately	Criteria Extension
Long	spring	Long	Stretch	Combine	Refine	Judgement
Slow	crawl	Land	Refine	Rotation	Evaluate	Tension
On	still	Over	Adapt	Against	Display	Inverted Judge
Off	slowly	Jump	Pathway	Towards	Asymmetry	Dynamics
Stretched	tall	Off	Contrasting	Across	Performance	Combination
Curled	long	High	Curled	Evaluate	Create	Canon counter-
Tuck	wide	Low	Stretched	Improve	Symmetry	tension
Body parts	narrow	Stretch	Suppleness	Height	Refinements	Counter-balance
Tall	up	Point	Strength	Strength	Assessment	Criteria
Small	down	Balance	Inverted	Suppleness	Suppleness	Performance
Shape	forwards	Twisted	Jump	Stamina	Strength	Imaginative
Hold	high	Curled	Land	Speed	Cool down	Parallel
Still	low	Level	Over	Level	Warm up	Creativity
Jump	elbows	Medium	Under	Wide	Muscles	Flight
Hop	bottom	Backwards		Tucked	Joints	Timing
Bounce	back	Sideways		Straight	Explore	
Travel	around	Forwards		Twisted	Rotation	
Copy	through	Zig zag		Constructive	Spin	
	extension	Angular		Points	Turn	
	roll	Under		Twist	Shape	
	copy	Through		Turn	Landing	
	pathway	Behind		Safety	Take-off	
	along	Tension		Refine	Flight	
	jump	Copy		Away		
		Smooth				

	land balance tension curved straight zig-zag shape over hang grip	Sequence Height				
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