

Gymnastics Vocabulary Mat: Master Your Movement

Learning objective: To understand and use correct terminology for gymnastic actions, body shapes, and safety protocols in Class 4 PE.

Key Vocabulary

Use this reference mat to help you describe your movements and understand your gymnastics lesson. Terms are categorised by movement, body shape, and safety.

Explain why 'Ten...	What is the differ...	Why must you be...
If you are creating...	Which part of you...	