

Gymnastics Mastery: The Movement Lexicon

Learning objective: To develop a precise technical vocabulary for Class 4 gymnastics, focusing on body tension, balance, and controlled movement.

Key Vocabulary

Use this word mat to improve your performance descriptions. The terms are grouped into 'Body Control', 'Movement Patterns', and 'Shapes and Sequences'. Use these words to evaluate your performance and provide feedback to your peers.

Explain why 'tens...	Compare and con...	Justify why 'trans...
What might happ...	How would you d...	If Max the monke...