

Gymnastics Vocabulary Mat

Learning objective: To understand and use technical vocabulary related to gymnastics movements, sequences, and technique.

Key Vocabulary

Use this vocabulary mat to help you describe your movements and sequences during PE lessons. The terms are grouped into categories: Body Positions, Movement Actions, and Performance Quality.

Explain the differ...	Why is 'core stre...	If you are moving ...
Define 'extension'...	What does it mea...	