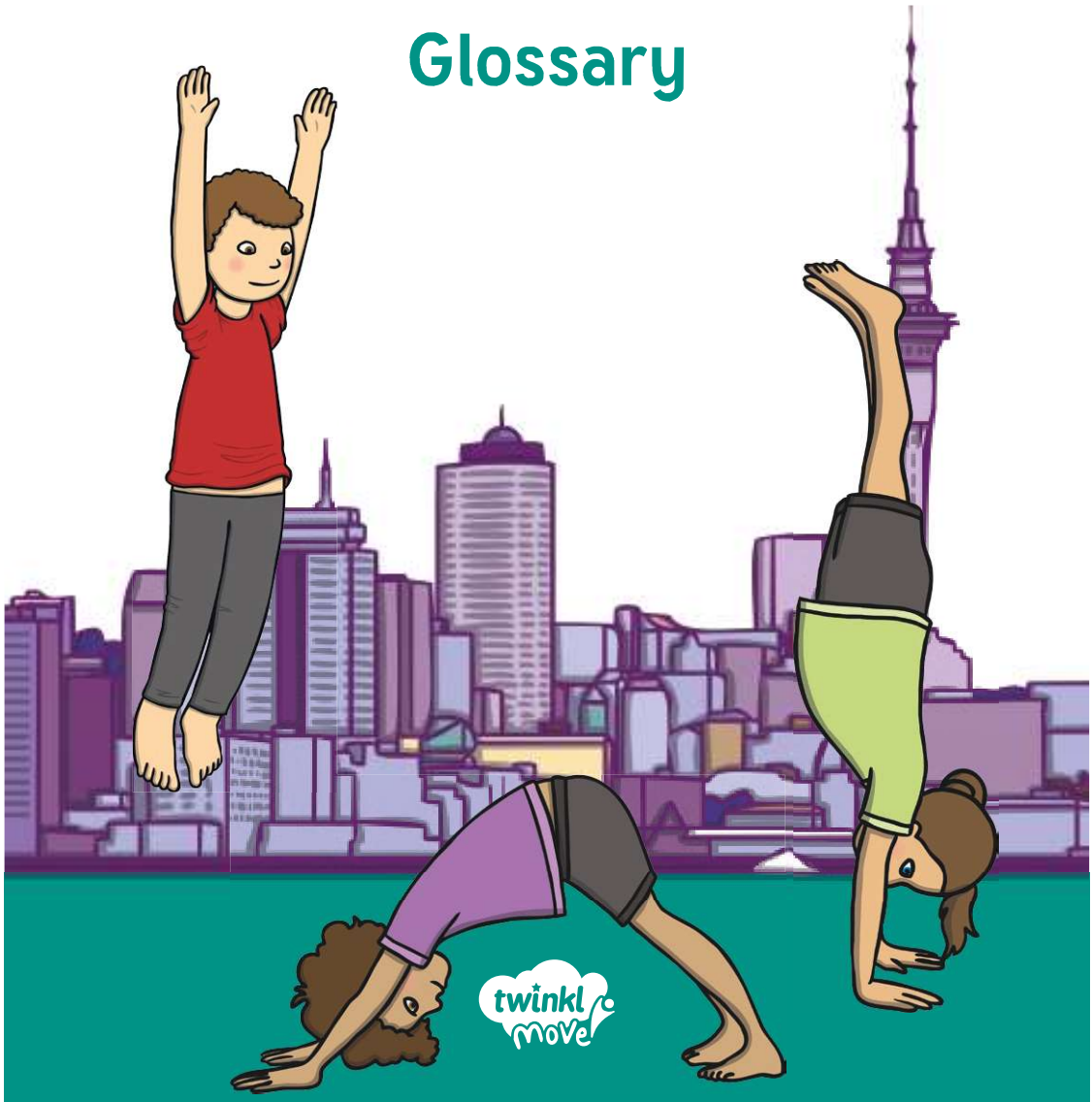
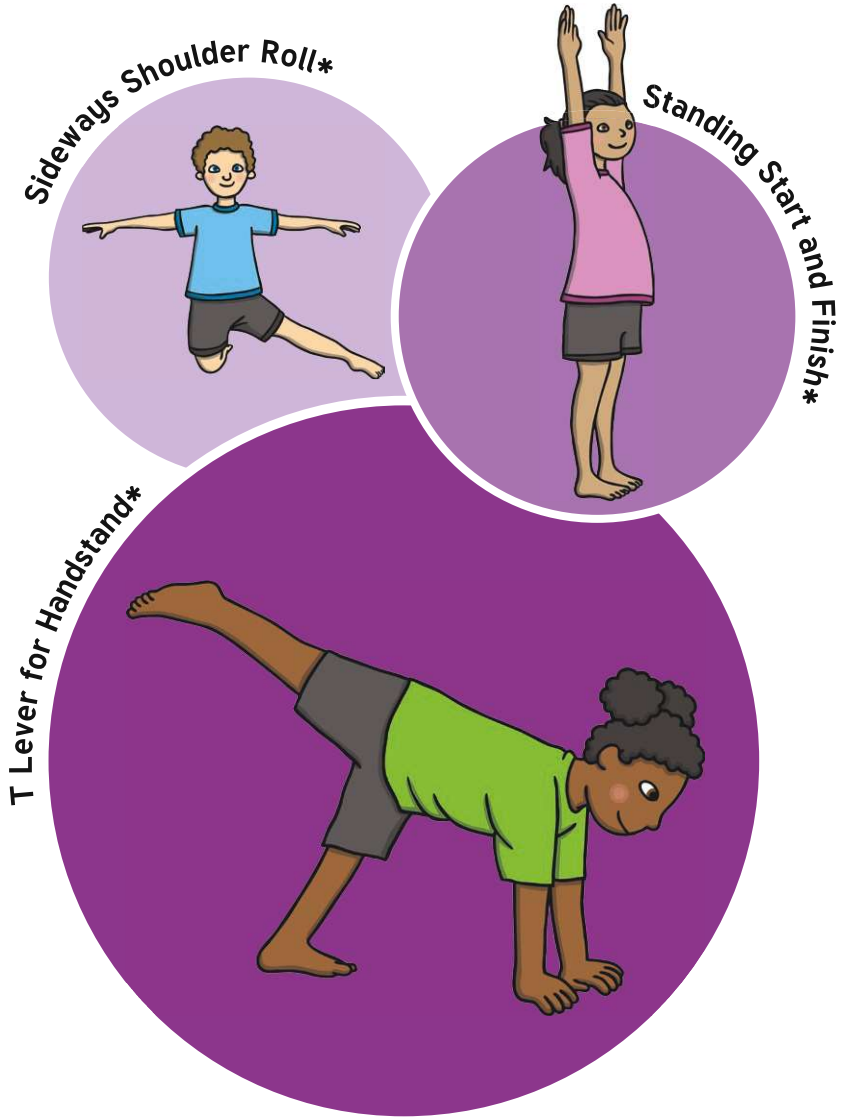
Gymnastics: Landscapes and Cityscapes

Glossary



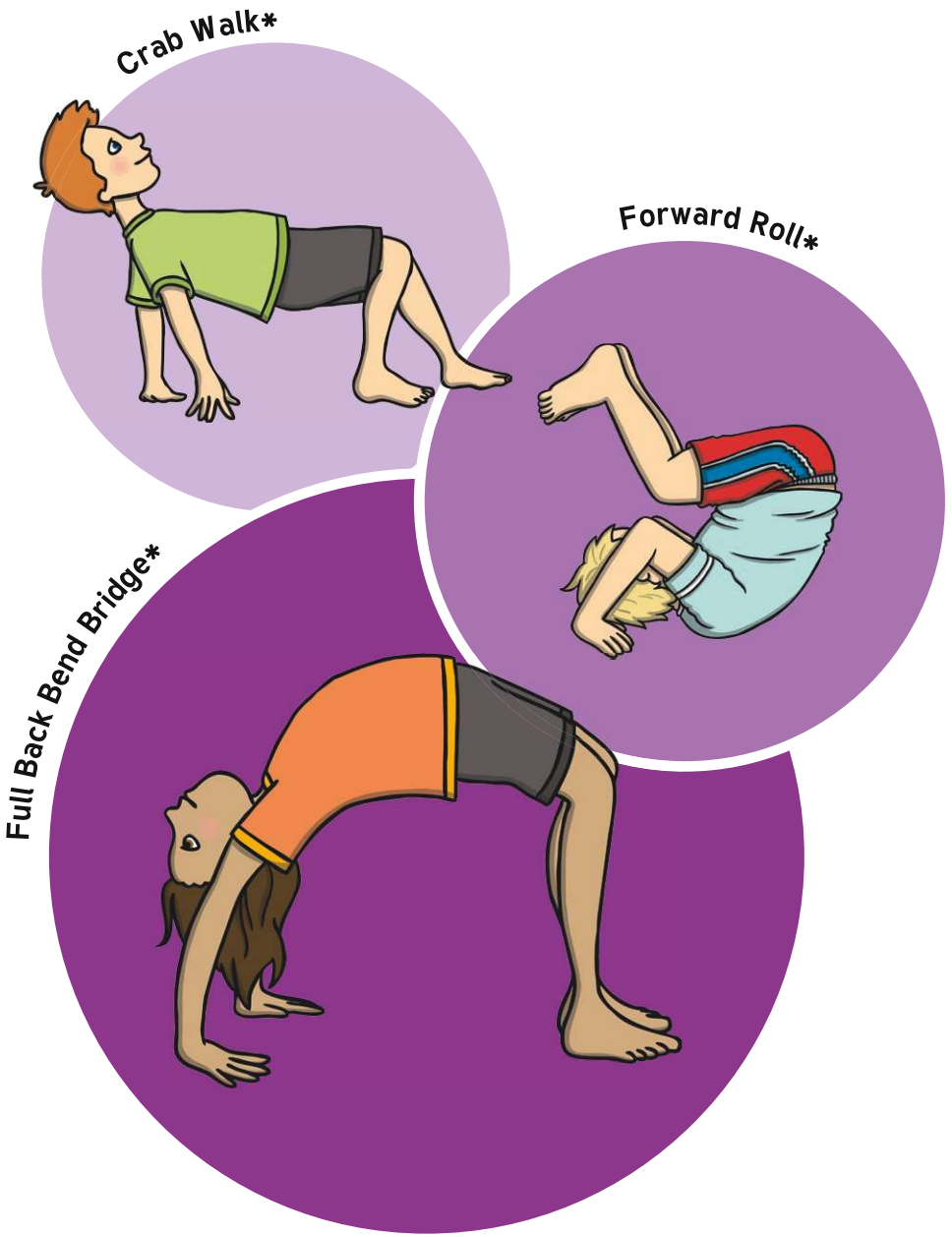
Bb	
Body Tension	Using muscles to hold limbs straight and create complex shapes. Encourage children to perservere with making and holding shapes with strong body tension. Look for exercises for the core if children struggle with this.
Crab Walk*	A useful skill for introducing children to moving with strong body tension. This can be by repeating, from a position with the bottom resting on the floor, and rising into the crab position. Also, can be used to play 'crab football' to increase core strength. Follow the video in the Y2 Gymnastics Cityscapes and Landscapes unit for instructions.
Ff	
Forward Roll*	The forward roll is a good initial gymnastic move to teach the need for control and momentum. Make it clear that children will need to move quickly to complete the roll, as well as planting their hands firmly and in parallel, to make sure they come out of the roll in a straight line. Follow the video in the Y2 Gymnastics Cityscapes and Landscapes unit for instructions.
Full Back Bend Bridge*	A challenging gymnasic move that progresses from the 'crab walk'. Make sure that children are supported when initially attempting this gymnastic move. Follow the video in the Y2 Gymnastics Cityscapes and Landscapes unit for instructions.

Tt	
T Lever for Handstand*	Following on from the lunge, and the precursor to the scissor kick, this stance is part of the introduction to a handsand. Focus on the children maintaining good body tension in this position.



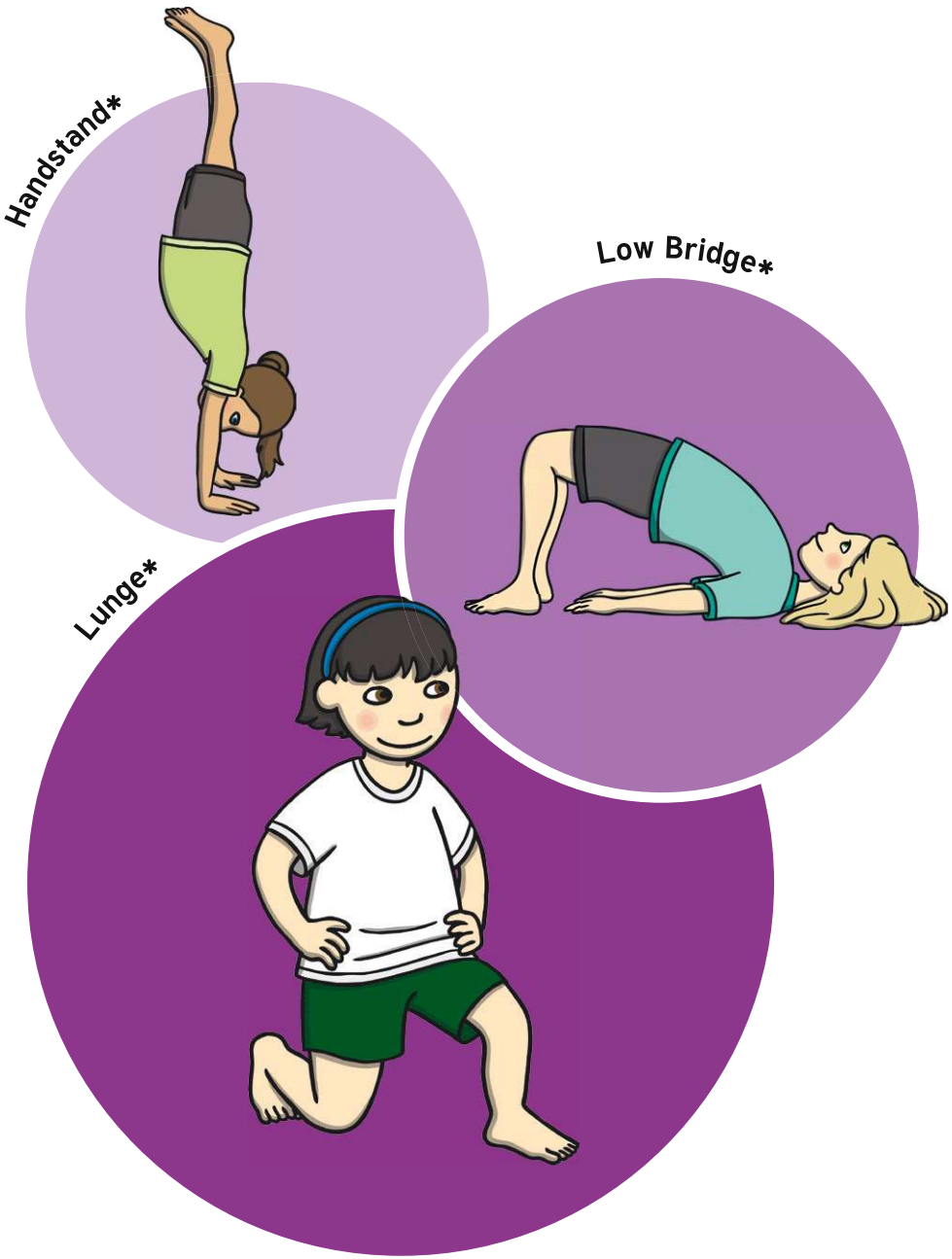
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Mm	
Momentum	A number of gymnastic movements require initial speed in order to complete them safely and successfully. Look for opportunities to get the children moving quickly in short, controlled bursts.
Ss	
Scissor Kick for Handstand	This movement helps to build confidence going into a handstand. It gets the children feeling the transfer of weight to their hands, helps them to appreciate the momentum required to carry them into the move and how to return weight successfully to the feet.
Sequence	When a number of movements are carried out in quick succession. In order to link these together, children should consider the start and finish point of each movement, trying to match up those on a similar level.
Sideways Shoulder Roll*	Children who are very competent at rolling can attempt a sideways shoulder roll. They start kneeling on one leg with the other leg out to the side. Their arms are out to the sides at shoulder height. They crouch down placing their head by their bent knee on the mat and rolling onto their back on that side keeping their other leg straight and stretched out wide. The stretched leg comes over and then bends and the other leg stretches out to the side to support them as they come up. They finish in the same position they started but on the other side.
Standing Start and Finish*	Key when teaching children to think about combining movements into a sequence. Clearly define the start and end of any sequence with this controlled pose.



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Hh	
Handstand*	This is a difficult gymnastic movement, which children will only be able to hold for a short amount of time. Start with the T Lever movement so that children are confident at descending safely. Combine with the supported handstand to help the children feel comfortable being upside down. Follow the video in the Y2 Gymnastics Cityscapes and Landscapes unit for instructions.
Hurdle **Step onto** **Springboard**	Where available, this is a great piece of equipment to get children feeling confident about moving at speed with precision. Follow the video in the Y2 Gymnastics Cityscapes and Landscapes unit for instructions.
Ii	
Low Bridge*	This position helps children build up to a 'Full Back Bend Bridge'. They lie on their back with knees bent, feet close to the bottom. They have good body tension and push up with their hips through their legs.
Lunge*	This movement is a simple, but effective introduction into a number of gymnastic moves. It helps children work on their body tension, particularly if held between each lunge. From this position, children can move into the T Lever Shape, the introduction into the handstand.



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