

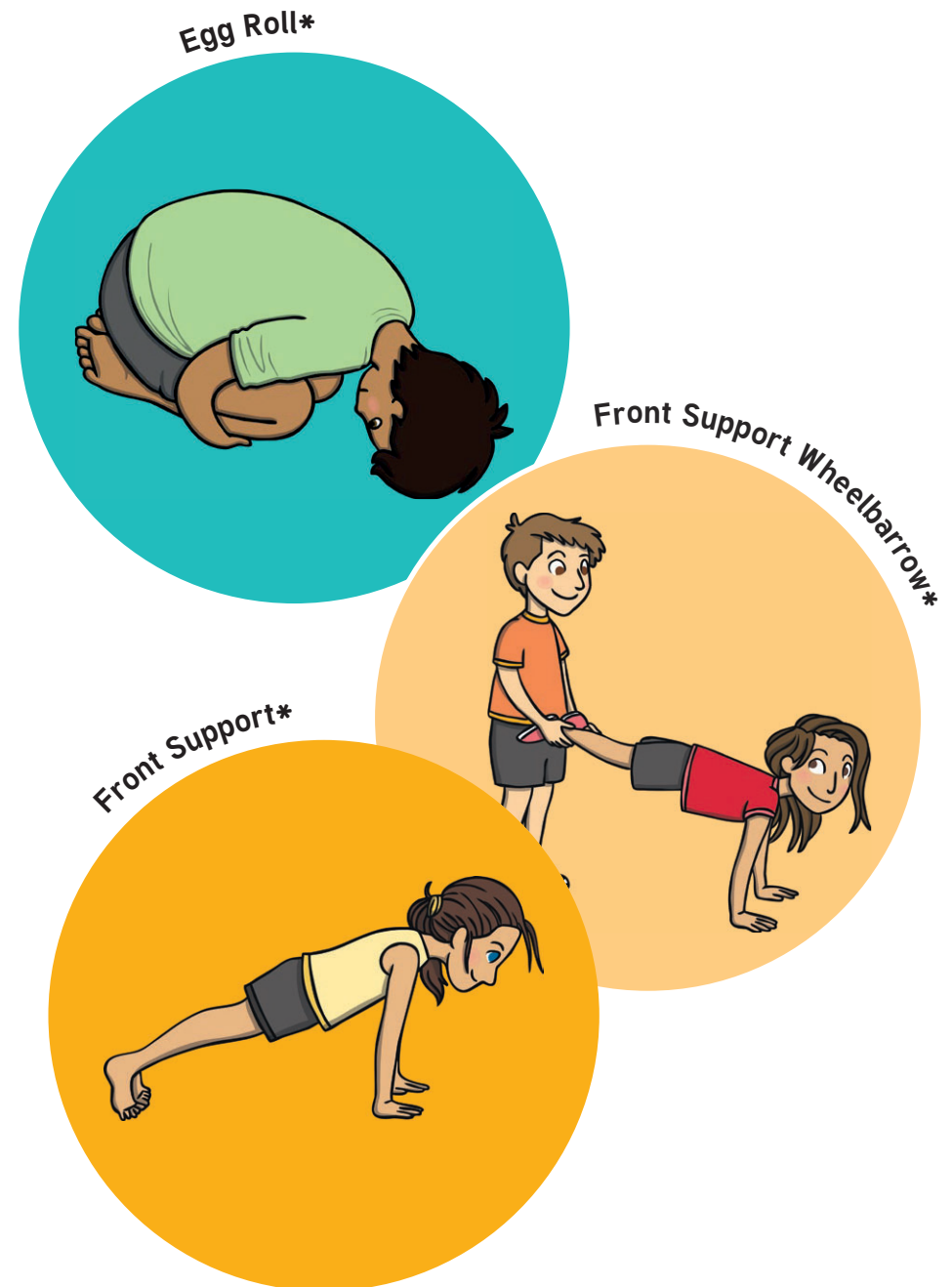
Gymnastics: Traditional Tales Glossary



Dd	
Dish Roll*	Lie on the back with arms above the head. Lift the arms and legs slightly from the floor to create a curved dish shape. Roll sideways from back to front keeping the body stretched.
Ee	
Egg Roll*	Curl up like an egg with the chin tucked in. Roll sideways keeping the body tense.
Ff	
Front Support*	Lie on the front with a straight body position. Place the hands under the shoulders and push down on the floor. Push the body upwards from the feet until the arms are straight and weight is evenly distributed on both hands. Keep the body tight with straight arms and a straight back.
Front Support Wheelbarrow (in pairs)*	One child gets into the front support position. The other child holds their partner's legs near the ankles and lifts them off the ground. The wheelbarrow needs to maintain a tight body shape with straight arms. When children are confident with this position, they can try moving.



Ss	
Sequence	A combination of two or more skills performed one after the other.
Jumping Jacks*	Jump from two feet and land on two feet. Bend the ankles, knees and hips for take-off and landing. Spread arms and legs wide as you jump. Land on the balls of the feet. Bring the legs back together to land.
Straight jump*	Jump from two feet to two feet. Bend the knees, hips and ankles for take-off and landing. Jump straight up, keeping the body upright and the head up. Bend the knees when landing and bring the arms in front at shoulder height.
Tt	
Tension	Using muscles to hold limbs straight when creating shapes with the body.
Travel	A basic action of movement, eg skipping, running, hopping.
Tuck Jump*	Jump from two feet, bending knees and pushing upwards. Bring the knees up towards the chest keeping the body straight and head up. Take the arms over the head for propulsion and bring them in front at shoulder height for landing. Land on the balls of two feet, bending the knees.



Ll	
Landing*	The ending position of a skill or movement.
Log Roll*	Roll sideways from back to front in a stretched position with legs together and arms stretched above head.
Rr	
Rocking for Forwards Roll (Rocking Chair)*	Lie on the back with knees tucked into the chest. Hold the legs just below the knees. With a rounded back, rock backwards and forwards a few times and then put feet onto the floor and stand.

