

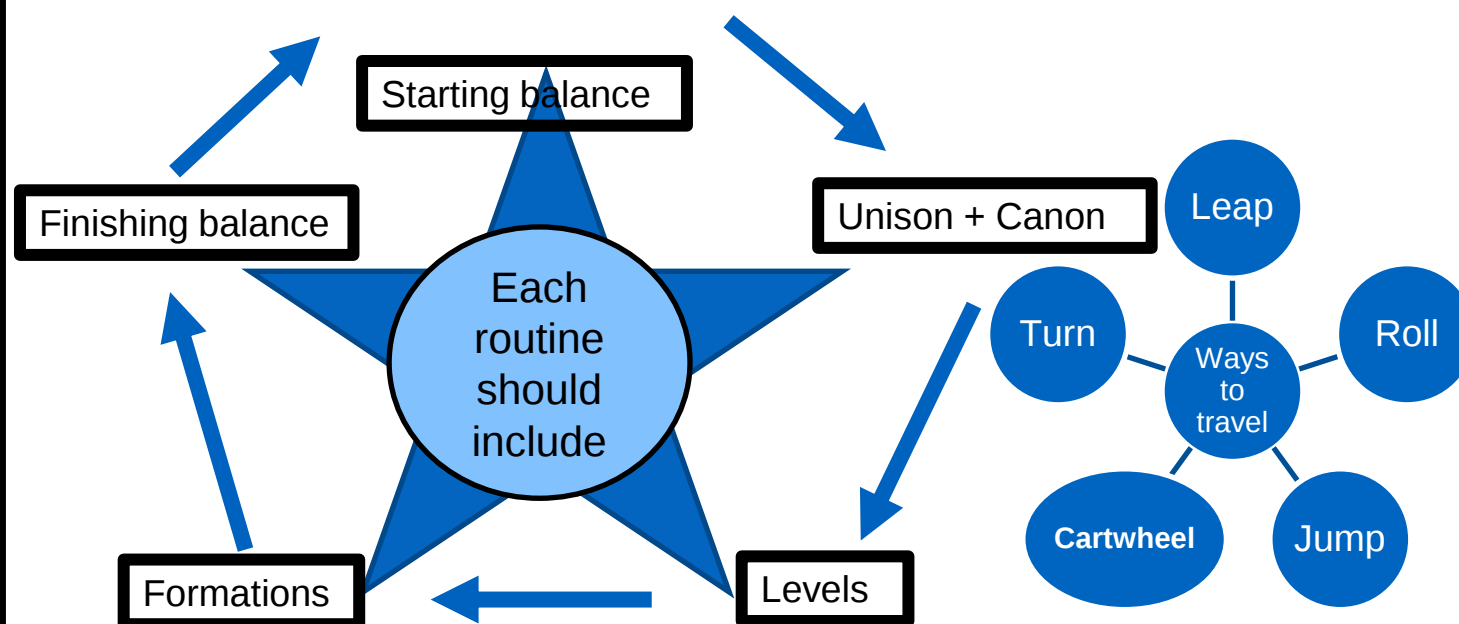
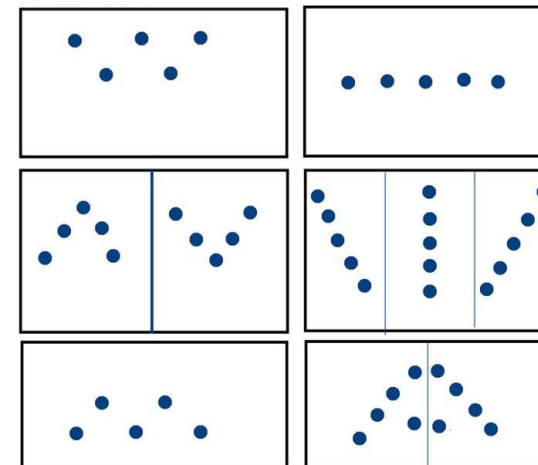


Physical Education - Gymnastics

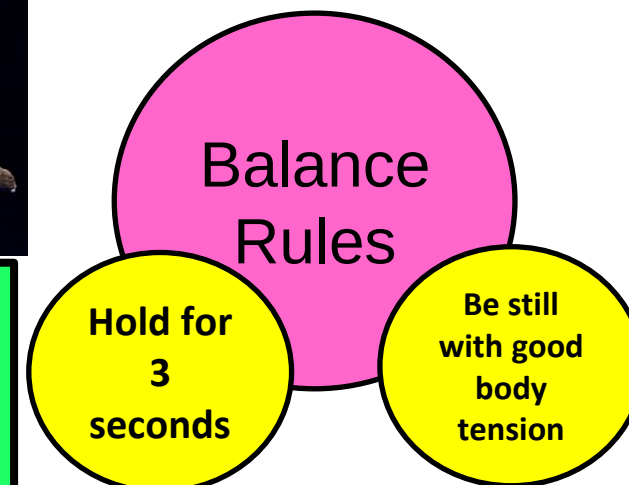
Year 7 Knowledge Organiser

Key words	Definition
Balance	Holding a move still for 3 seconds in the routine
Travelling	Ways to move in the routine
Unison	Performing moves at the same time as people in their group routine
Canon	Performing moves one after the other in a group routine
Formation	Where you stand in the group routine
Levels	Varying height in the group routine

Formations: Shapes and patterns created by the people in your routine



Levels – create interest from the audience using flight, high, medium and low balance and travel ideas



KEY VOCABULARY

Warm Up, Stretches, Triceps, Deltoid, Hamstring, Quadriceps, Travelling, Routine, Linking moves, Start position, Finish position, Counter balance, Counter tension, Unison, Cannon, Levels, Formations, Jump, Turn, Twist, Roll, Skip, Leap, Rotate