



Teacher Glossary

Word	Definition	How do I do this?
Balance	an even distribution of weight enabling someone or something to remain <u>upright</u> and steady.	Engage your core muscles. Focus on a spot and use your arms to steady yourself.
Jump	push <u>oneself</u> off a surface and into the air by using the muscles in one's legs and feet.	Bend your knees as you take off and land. Use your arms to get a higher jump. In gymnastics, finish nicely.
Turn	move in a circular direction <u>wholly</u> or partly round an axis or point.	Use your arms to get momentum in your body. Spot as you turn.
Roll	move in a particular direction by turning over and over on an axis.	There are different types of rolls. For a forward roll, you need to tuck your chin under so it's touching your chest. You don't use your head to roll onto.

Key Skills – S.E.T

Social: Co-operation
 Social: Communication
 Social: Coming to decisions with a partner and team
 Social: Respect
 Emotional: Acceptance
 Thinking: Interesting movement
 Thinking: Observing and providing feedback
 Thinking: Selecting and applying actions

Key Skills - Physical

Travelling
 Balancing
 Jumping
 Rolling
 Turning

Inspiring Athlete

Simone Biles



Links to the National Curriculum

- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

