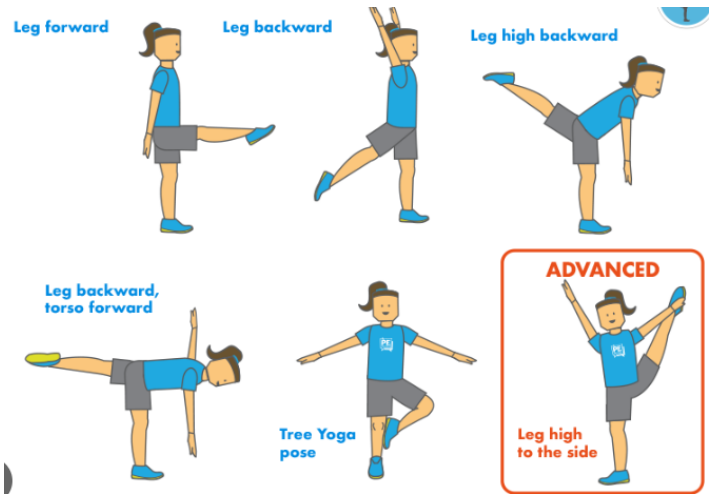
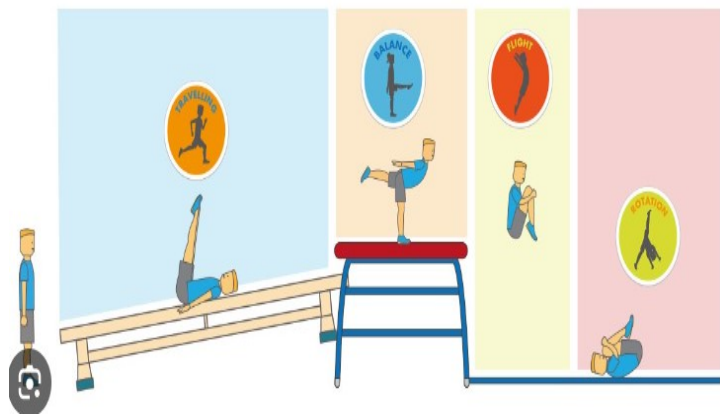


# PE Knowledge Map - Autumn 2 - Gymnastics



Balances



Sequences

Vocabulary

Sequences	a series of events that must be performed in order to achieve a task
Coordination	the ability to use different parts of the body together smoothly and efficiently.
Jumping	push oneself off a surface and into the air by using the muscles in one's legs and feet.
Leaping	jump or spring a long way, to a great height, or with great force.
Tension	The tightening of the muscles.
Vault	an action a gymnast performs by running down a runway that is usually made of soft material.
Rolling	a complete rotation of the body on the ground.