

# EYFS - Gymnastics



**Travel**

**Stop**

**Roll**

**Bounce**

**Floor**

**Start**

**Routines**

**Safety**

**Level**

**Balance**

**Rock**

**Jump**

**Transfer (skills)**

**Link (movements)**

**Confidence**

**Direction**

**Shapes**

**Spin**

**Land**

**Apparatus (basic)**

**Finish**

**Control**



**Balance**

**Counter balance**

**Twist**

**Turn**

**Spin**

**Symmetrical**

**Asymmetrical**

**Points**

**Patches**

**Levels**

**Floor**

**Apparatus**

**Link (movements)**

**Timing**

**Transitions**

**Combinations**

**Sequences**

**Formations (partner)**

**Adjacent**

**Front & back**

**Mirroring**

**Inversion**

**Routines**

**Flowing**



**Aesthetic (moves)**

**Arch**

**Narrow**

**Jumps**

**Pathways**

**Curving**

**Finish**

**Confidently**

**Stretch**

**Shapes**

**Long**

**Landings**

**Straight**

**Dynamics**

**Clearly**

**Safely**

**Curl**

**Wide**

**Rolls**

**Partner (work)**

**Zigzag**

**Start**

**Creatively**

**Communication**



**Terminology (simple)**

**Evaluation**

**Constructive/useful**

**Feedback**





**Link (movements)**

**Spin**

**Gracefully**

**Levels**

**Hold**

**Motion**

**Bridging**

**Moving**

**Step**

**Balance**

**Points**

**Body weight (own)**

**Control**

**Dynamics**

**Create**

**Seamlessly**

**Turn**

**Travel**

**Patches**

**Receive**

**Static**

**Arching**

**Sequences**

**Level-up**



## Front

Balances

Pushing

Compose

Matching

Direction

Rolling

Straddle

## Back

Shoulder balance

Pulling

Perform

Shapes

Pathways

Forwards

Safely

## Supports

Shapes (with legs)

Partner (work)

Contrasting

Moves

Speed

Backwards

Over (partner)



**Along (apparatus)**

**Vaulting horses**

**Canon**

**Timing**

**Success**

**Terminology  
(intermediate)**

**Listening**

**Benches**

**Travelling low**

**Mirroring**

**Reflect**

**Work together**

**Communication**

**Peer assessment**

**Nesting tables**

**Unison**

**Poise**

**Recognise**

**Range of contexts**

**Effective**

**Feedback**



**Matching**

**Control**

**Counter balance**

**Pull (forces)**

**Patches**

**Shapes**

**Levels**

**Pathways**

**Mirroring**

**Arabesque**

**Push (forces)**

**In opposition**

**Symmetrical**

**Moves**

**Close to ground**

**Crossing**

**Contrasting**

**Balance**

**Counter tension**

**Points**

**Asymmetrical**

**Travel**

**Direction**

**Seamless**





**Transitions**

**Fluent**

**Routines**

**Partner (work)**

**Group (work)**

**Canon**

**Unison**

**Coordinate**

**Tempo**

**Timing**

**Synchrony**

**Good technique**

**Quality work**

**Create**

**Communicate**

**Negotiate**

**Agree**

**Refine**

**Sequences**

**Start  
(clear/interesting)**

**Flow**

**Dynamics**

**Finish  
(clear/interesting)**

**Under (partner)**



**Over (partner)**

**Roll**

**Spin**

**Support**

**Bridges**

**Leapfrog**

**Forward rolls**

**Sliding**

**Long**

**Take weight**

**Front**

**Strong**

**Opportunities**

**Safely**

**Backward rolls**

**Scrambling**

**Pencil shape**

**Hands**

**Back**

**Arches**

**Travel over & under**

**Momentum**

**Get back to feet**

**Run-up**



**Power**

**One-footed**

**Graceful**

**Cat spring**

**Cooperate**

**Own & others work**

**Perform**

**Challenge**

**Dynamic**

**Two-footed**

**Aesthetic**

**Elevation**

**Collaborate**

**Constructive/useful**

**Audience**

**Improve**

**Take-off**

**One foot to two feet**

**Jumps**

**Flight**

**Evaluate**

**Terminology  
(more advanced)**

**Compete**