

# Gymnastics Vocabulary Pyramid

\*new vocabulary

Year 1

stretch arch  
tuck egg roll Log roll  
star dish pike patch

Year 2

Log roll egg roll stretch  
star tuck dish arch \*1/2 turn  
pike patch \*point \*1/4 turn

Year 3

\*cat leap \*stag leap Log roll Egg roll \*shoulder roll  
stretch star tuck dish \*match \*swap leap  
arch pike \*straddle point patch \*mirror

Year 4

cat leap stag leap Egg roll Shoulder roll \*teddy bear roll 1/4 turn  
stretch star tuck dish arch pike straddle point  
patch mirror match \*symmetrical \*asymmetrical Swap leap 1/2 turn

Year 5

cat leap stag leap \*scissor leap \*cartwheel Log roll egg roll dish Pike 1/4 turn  
dish Teddy bear roll \*Forward roll stretch star tuck arch 1/2 turn straddle  
point patch Mirror Match Asymmetrical symmetrical Shoulder roll  
\*counter balance \*jump formation—hopscotch \*counter tension \*jump formation—compass

Year 6

cat leap stag leap scissor leap cartwheel Log roll egg roll dish Pike 1/4 turn  
dish Teddy bear roll Forward roll stretch star tuck arch 1/2 turn straddle  
poi patch Mirror Match Asymmetrical symmetrical Shoulder roll  
counter balance jump formation—hopscotch counter tension jump formation—compass