

Gymnastics is an **Olympic** sport that requires a combination of **strength, flexibility, coordination, and balance**. At competitions, judges award points to Gymnasts for performing good quality leaps, jumps, turns, and acrobatic skills.



neat    straight    tense  
performance    roll    teamwork  
balance    express



### STEPS TO SUCCESS

**These are the skills I need to achieve success in KS1 Gymnastics:**

To be able to perform 5 key shapes.

To move with control.

To balance using different parts of my body.

To link movements.

To use different pieces of equipment and apparatus.

To participate in a performance.