

glossary

Apparatus

Climbing apparatus	large A-frames, wall bars, wall fixed apparatus
Hand apparatus	ropes, hoops, balls, ribbons, scarves, pom poms
Large apparatus	wall frames, large A-frames, box tops, monkey bars
Low apparatus	benches, low movement tables, low beams, small A-frames

Hand Apparatus Skills

Coils	with a ribbon, small circles from the wrist
Rotate	with a hoop or rope, turning the apparatus in small circles
Snakes	with a ribbon, small zig zag movements from the wrist
Wrap	with a rope, rotated to wrap around a body part

Choreography Techniques (*The way a routine or sequence is constructed*)

Working with a partner/group

Canon	performing the same movement consecutively
Choral	one person/group performing and another person/group repeating the movement/s
Collaboration	all members of the group contributing to the movement
Complementary	different movements balancing each other
Mirror	movement of opposite body parts to those of a partner as reflected in a mirror
Directions	the route taken

Timing

Rhythm	the tempo of music or an action
Double time	speeding up a movement to twice the speed
Half-time	slowing down a movement to half the speed

Variety in composition

Asymmetrical	not symmetrical through the body's/group's central line (opposite to symmetry)
Levels	the height of the movement, i.e. generally low to the floor and kneeling, sitting height and standing height
Linked	movements connected to each other or those of another person
Pathways	the pattern followed/made on the floor
Relationship	the connection with a partner/group, e.g. side by side
Symmetrical	an identical reflection along the body's/group's central line

Gymnastics Movements

Absorb	taking the movements into the body, e.g. a landing or a rolling action that minimises impact
Amplitude	stretching the body fully to its maximum
Base of support	the part of the body touching the floor, and supporting the body in an action
Body extension	stretching the body, maintaining straight arms, legs and toes
Body tension	tightening of all body muscles during movements
Connect/ed	touching movements to an apparatus or partner
Dominant	the preferred side of the body/direction/rotation
Elevation	the height of a jump from the floor
Fold	a forward bend of the body at hips, generally over the legs
Hurdle step	a preparation jump from one foot to land onto two to prepare the body to push upwards into a jump from the two feet, maybe onto and off a bench
Inversion	with the hips higher than the head
Lever	lifting the body fully off the floor on hands, e.g. in pike or straddle
1/2 lever	lifting half the body from the floor in a sitting position, using weight onto hands, e.g. bottom lifted with feet on floor or feet lifted with bottom on floor
Planche	taking the weight of the body onto hands, usually with straight arms, body held parallel to the ground, giving the illusion of floating, e.g. in a front support position, lifting feet off the floor
Posture	the position of the body, i.e. straight back, tummy in, bottom pulled under, head up/straight, legs straight, maintained throughout all movements
Sissone	a jump taking off from two feet and landing on one
Spot/spotting	looking at a fixed point whilst rotating and whipping the head around
Support/ed (front, side, back)	supporting the body weight off the floor on hands and feet, e.g. holding a front support position, holding the body on hands and feet
Wolf split	a kneeling position with one leg stretched out to the side