

EDSTART KNOW

- I can name different balances and rolls used in gymnastics.
- I know that I can balance on large body parts like my back, tummy, or side.
- I can explain the difference between stretched and curled shapes when rolling.

EDSTART GO

- I can balance on large body parts and change the shape of my balance.
- I can perform different types of rolls using stretched and curled positions.
- I can link balances and rolls together with control.

EDSTART SHOW

- I can show confidence when performing balances and rolls.
- I can demonstrate control, strength, and stillness in my gymnastics movements.
- I can explain how I changed my body shape to make my roll or balance look different.

Key Vocabulary

**balance, roll,
stretch, curl,
shape, control,
movement,
strength**

**What do we know
about gymnastics?**

- Gymnastics is a collection of exercises that test strength, flexibility, control, and balance
- The sport of gymnastics developed from exercises used by the ancient Greeks to mount and dismount their horses
- A gymnast is a person who trains in and practices the sport of gymnastics

