

Gymnastics Terminology:

Body Positions:

Inverted – any position in which the lower body is above the upper body

Layout – the body is straight and completely extended

Pike – the upper body is bent forward at the hips to an angle of 90 degrees or less, while the legs remain straight

Prone – lying face down with the body straight

Straddle – the legs are extended sideways

Splits – the legs are extended either sideways, or one forward and one backward, to an angle of 180 degrees

Tuck – the upper body is flexed at the hips, and the knees are bent and pulled up towards the chest

Other terms:

Dismount – a controlled, upright landing performed at the end of a sequence of skills or a routine

Stick – to “stick” a landing means to execute it with correct technique and no movement of the feet

Floor Exercise Skills:

Level 1

front support
rear support
stork stand
front scale
knee scale
front leg lift
side leg lift
front lunge
side lunge
prone fall from knees
log rolls
shoulder roll
forward roll – tuck
tuck jump
½ turn jump
sit spin
½ turn (pirouette)

Level 2

V sit
bridge
front support travel
“teddy bear” headstand
tuck headstand
“teddy bear” balance
forward roll – straddle
backward roll – tuck
backward roll – straddle
cartwheel
straddle jump
full turn jump
stride leap
scissone
front leg lift ½ turn
full turn (pirouette)

Level 3

pike support
straddle support
extended headstand
pike headstand
handstand
diving forward roll
prone fall from stand
backward roll to handstand
back walkover
back handspring
front handspring
round-off
1- arm cartwheel
pike jump
front salto
back salto

(This is a partial list, you may do skills that are not mentioned above)