

## Key Vocabulary

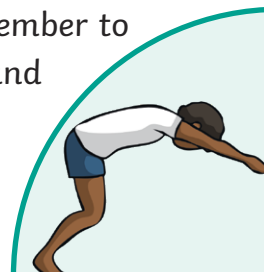
<b>Cat Leap Full Turn</b>	A cat leap movement in which the gymnast turns 360 degrees in the air.
<b>Dive Forward Roll</b>	A forward roll performed after first jumping from two feet onto the hands, then controlling the weight of the body through the arms to transition into the roll.
<b>Hurdle Step</b>	A movement used to help a gymnast to get into the correct lunge position for take off, prior to performing a tumbling skill, such as a cartwheel or round-off.
<b>Lunge</b>	Position in which the upper body remains upright, while one leg is bent at the knee and placed forward in front of the body. The other leg is positioned straight and behind the body.
<b>Pike Forward Roll</b>	Forward roll in which the gymnast keeps the legs straight and together throughout the movement.

## Dive Forward Roll

A **dive forward roll** is a forward roll performed after jumping both up and forwards.

It requires strong arms and excellent control as the weight of the body is controlled through the dive.

When pushing off the floor with the balls of your feet, remember to reach for the ground and use your hands to guide you!

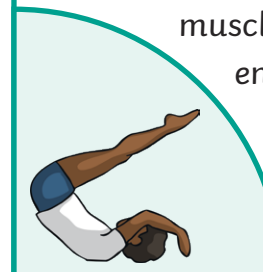


## Pike Backward Roll

A **pike backward roll** is similar to a forward roll but in reverse.

Like a pike forward roll, a pike backward roll also requires good core, leg and arm strength and flexibility in the legs.

Remember to keep your core muscles tight and engaged throughout the whole move.



## Safe Rolls

To perform a **roll** in gymnastics, you need to remember and apply some important key skills and safety features:

- keep your chin tucked into your chest and round your back as you roll.
- use your core strength (tummy muscles) to control the roll.
- use your arm strength to guide and support your shape.

In a **forward roll**, the back of your head (not the top) should make contact with the ground. In a **backward roll**, the hands and arms should support the majority of the body weight to prevent any damage to the neck.

## Key Vocabulary

<b>Pike Backward Roll</b>	Backward roll in which the gymnast pikes down, keeping the legs straight and together, and reaches back with the hands to support and guide the movement.
<b>Round-off</b>	Movement which begins like a cartwheel and then the gymnast brings the legs together quickly as they move over the top of the movement, landing with both feet together.
<b>Squat through vault</b>	Vaulting movement in which the gymnast rebounds off a springboard, placing hands onto the vault just wider than hip-width apart. They then tuck up the legs to squat through the hands and over the vault to land on the mat.
<b>Vault</b>	Vaulting movement in which the gymnast rebounds off the springboard and travels over the vaulting box in a straddle position.
<b>Vaulting box</b>	Piece of apparatus used to vault onto or over. Often comprising of wooden sections, allowing for variation of height and covered with a padded top.

## Hurdle Step

The hurdle step helps a gymnast to get into the correct lunge position for take off, either from standing or after a run-up. It also builds momentum and power to drive the following movement forwards.

The movement consists of:



## Straddle over Vault

The **straddle over vault** is a more complex type of vault which requires a strong rebound off the springboard to create the necessary height required to clear the vaulting box.

You also need strong arms and legs, good body control and a wide straddle.

Remember to keep your head and chest lifted up during the move so that you do not fall forwards on landing.

## Running, Taking Off and Vaulting

In order to perform a successful vaulting move, it is important to get the run-up and takeoff right, as this will help you to **vault** more easily. The **hurdle step** movement helps you to transition onto the springboard from your run-up.

**Safety Tips:**

- remember to jump upwards and not too far forwards to gain maximum height.
- keep your head and chest lifted up to stop you falling forwards.
- when landing, bend your knees to soften the impact and hold your arms straight out in front for balance.