

Key Knowledge and Concepts

- Types of roll:

Sideways roll—straight




Sideways roll—tucked



Teddy bear roll



Word	Definition
Flight/jumping	When the body is in the air and not touching the floor or any equipment.
Trestle table	
Five foot patterns	<p>2 feet to 2 feet—most used jump in gymnastics, used for getting on and off of equipment.</p> <p>2 feet to 1 foot.</p> <p>1 foot to 2 feet.</p> <p>1 foot to the other (leap)</p> <p>1 foot to the same foot (hop)</p>

Health and safety

When performing a forward roll, tuck head into chest to keep a curve in the spine.

Do not place any weight on head or neck.

Mats indicate a dismount area. Replace mat if it moves during dismount.