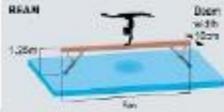
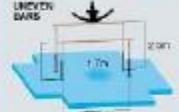
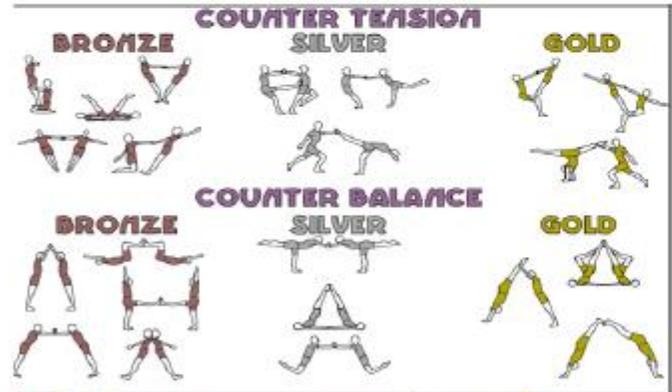




| Key Knowledge<br>Learn these key facts   |  | Key Vocabulary<br>Understand these key words   |  | Event Focus  |
|--|--|--|--|--|
| <p><b>Symmetrical</b></p>  <p><b>Asymmetrical</b></p>  |  | <p><b>Word</b></p>   | <p><b>Definition</b></p>   | <p><b>Women:</b></p> <p><b>FLOOR</b></p>  <p><b>BEAM</b></p>  <p><b>UNEVEN BARS</b></p>  <p><b>WULT</b></p>    |
| <p><b>Partner Balances</b></p>   |  | <p><b>Symmetrical</b></p> <p>A body shape that is the same on both sides of the centre line</p>                          | <p><b>Asymmetrical</b></p> <p>A body shapes that is different on both sides of the centre line.</p>                        | <p><b>Men:</b></p> <p><b>PARALLEL BARS</b></p>  <p><b>HIGH BAR</b></p>  <p><b>Pommel Horse</b></p>  <p><b>RINGS</b></p>  <p><b>FLOOR</b></p>  <p><b>WULT</b></p>  |
|  |  | <p><b>Counter Balance</b></p> <p>A partner / group balance using a pushing force against each other to remain still.</p> | <p><b>Counter Tension</b></p> <p>A partner / group balance using a pulling force away from each other to remain still.</p> |  |
|  |  | <p><b>Contrasting</b></p> <p>Different movements or shapes within a sequence or to a partner.</p>                        | <p><b>Compose</b></p> <p>Create a routine to fit a piece of music.</p>   |  |
|    |  | <p><b>Forces</b></p> <p>Pushing or pulling together or against a partner or piece of apparatus.</p>                      |  |  |