

Grade 7 Vocabulary

Word Meanings

Week 32

Directions: Look at the words in the list below. There is a definition and two phrases to help you learn the new vocabulary.

Word	Meaning	Examples
aerial (noun)	a stunt in which a gymnast turns completely over in the air never touching the equipment	"performed an aerial"; "practicing the aerial"
apparatus (noun)	a piece of equipment	"fell from the apparatus"; "broken apparatus"
composition (noun)	the structure of a routine	"arranging her composition"; "composition was on point"
execution (noun)	the form, style, amplitude, and techniques used to complete the skills in a composition	"perfect execution"; "execution of the aerial"
dismount (noun)	a move when a gymnast jumps off an apparatus	"complex dismount"; "simple dismount"

Word	Meaning	Examples
flexibility (noun)	bending easily without breaking; easily contort the body	"improved flexibility"; "demonstrated great flexibility"
unitards (noun)	tight fitting, one piece stretchable garments that covers the body to the knees or ankles	"patriotic unitards"; "colorful unitards"
pirouettes (verb)	turning, twirling, whirling	"performed pirouettes"; "practicing pirouettes"
sequence (noun)	two or more skills performed together to demonstrate a combination skill	"a creative sequence"; "a daring sequence"
virtuosity (noun)	great skill or expertise	"showed considerable virtuosity"; "virtuosity is elusive"

Word	Meaning	Examples
vault (noun)	an exercise when one leaps over a form and lands in a standing position	"practicing the vault"; "landed wrong after a vault"
tumbling (verb)	perform acrobatic exercises like handsprings and somersaults in the air	"practice tumbling"; "tumbling freely on the mats"
leotards (noun)	close fitting one-piece garment of stretchy fabric that covers from shoulders to tops of thighs and arms	"worked out in leotards"; "leotards used as a costume"
dynamic (adjective)	used to describe a powerful gymnastics routine	"a dynamic routine"; "a dynamic performance"
elite (adjective)	describes the highest rank in gymnastics	"in the elite division"; "an elite gymnast"

