

MY GYMNASTICS

BOOK



ABOUT ME

My name is _____

I am _____ years old

My coaches are _____

My favourite gymnastics apparatus to use is _____

My favourite skill is _____

I am working towards level _____

I want to learn how to do a _____

My favourite gymnast is _____

I train _____ hours per week

One skill I am confident in is a _____

One skill that I am excited to learn is a _____



USEFUL VIDEOS AND LINKS

- Meon Valley Gymnastics home workout videos -
facebook.com/meonvalleygymnastics
- 7 minute gymnastics workout challenge, from our award scheme provider -  7 Minute Gymnastics Workout Challenge
- Equipment you may want to use: parallettes, skipping rope, floor beam or makeshift line using duct tape, pull up bar or freestanding bar. Some home equipment is listed here:

[Decathlon parallettes](#)

[Foam beam](#)

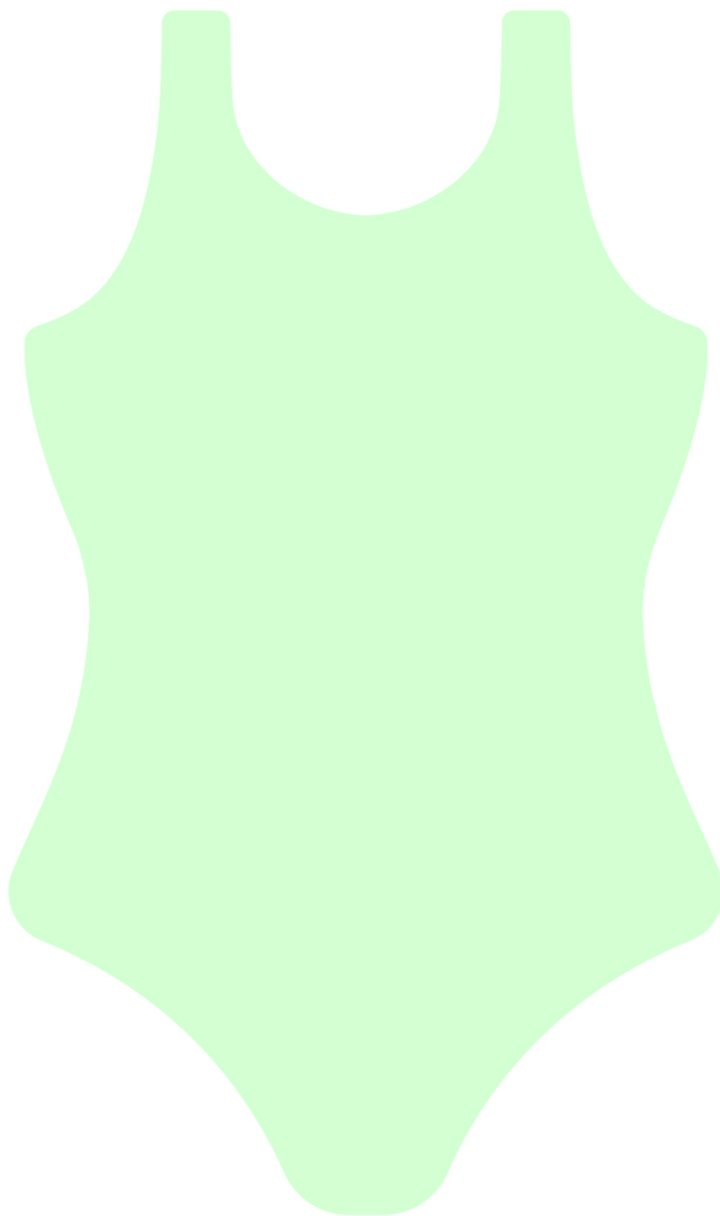
[Folding beam](#)

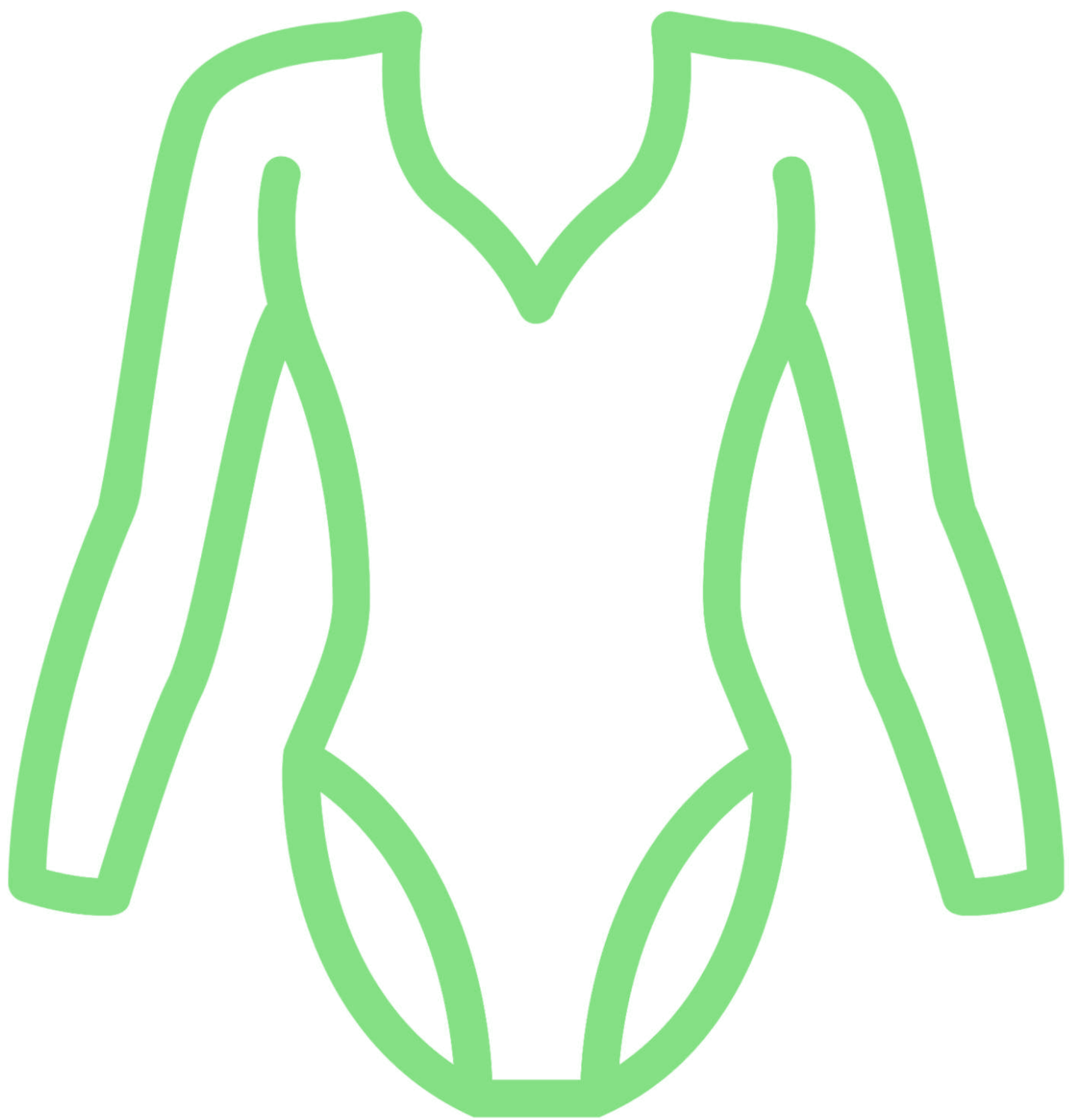
[Inexpensive home gymnastics equipment under £20](#)

[illegible]

DESIGN A LEOTARD

Please send us a picture of your amazing designs!





WORDSEARCH - EASY

J	I	C	G	S	K	I	P
U	N	E	O	B	L	A	R
M	D	B	E	A	M	Q	D
P	T	U	C	K	U	Y	S
H	M	A	Y	W	M	A	T
B	C	U	P	D	O	F	A
A	Q	V	A	U	L	T	R
R	E	P	Z	B	N	W	X

Bar

Jump

Skip

Tuck

Beam

Mat

Star

Vault

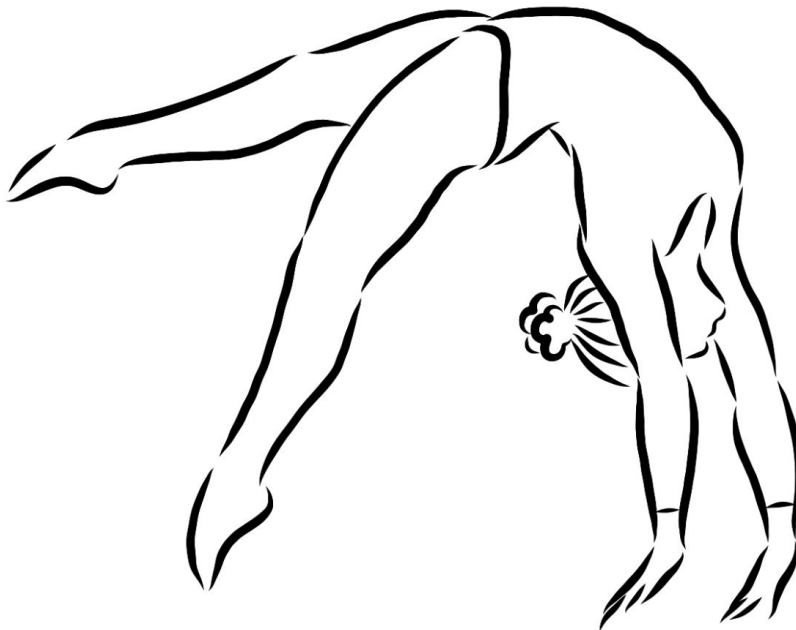
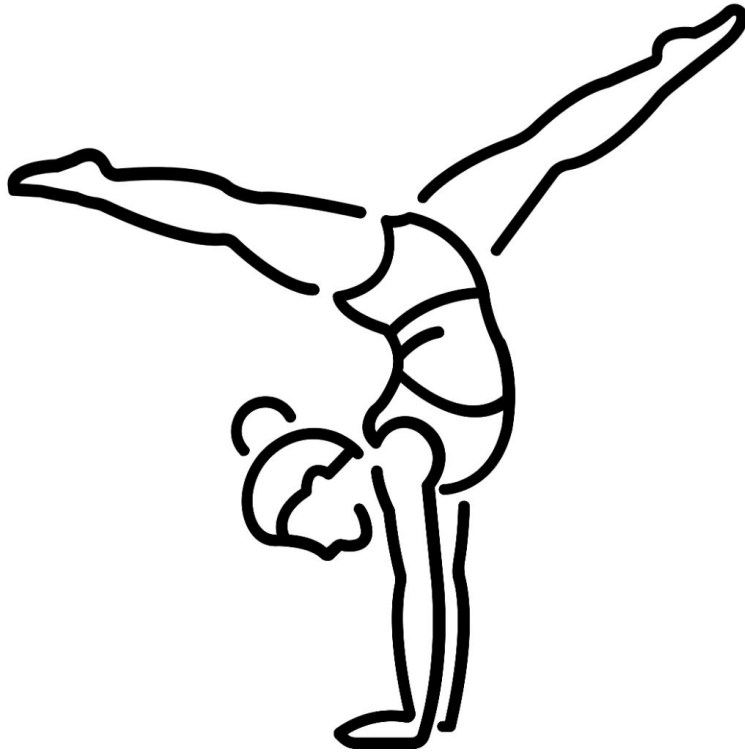
WORDSEARCH - HARD

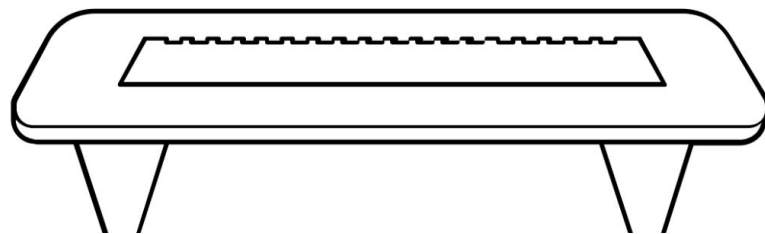
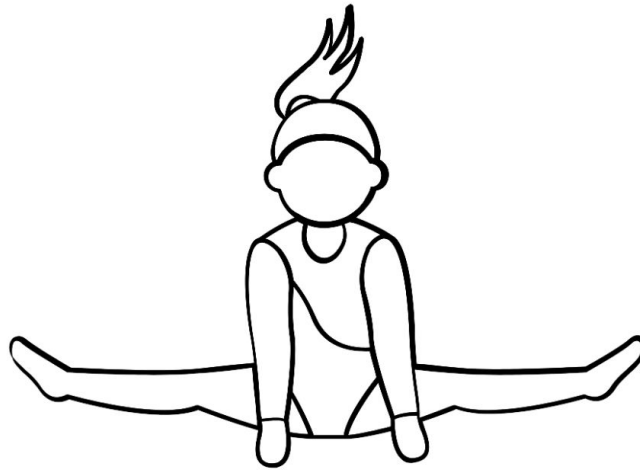
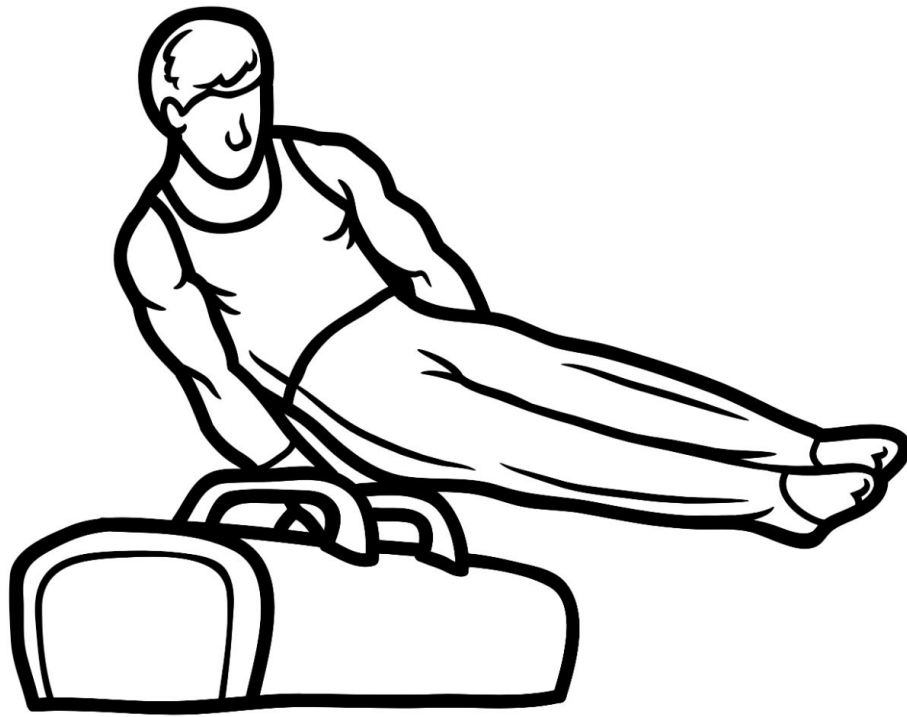
D	V	F	O	B	E	C	A	I	U	G	T	R	U	N
B	A	L	P	H	I	T	U	M	B	L	E	Z	A	S
G	U	K	Q	S	T	I	L	P	S	D	F	U	V	I
I	L	W	J	G	R	X	K	S	T	A	R	H	A	D
J	T	E	T	C	F	B	P	T	X	I	E	O	P	N
E	K	C	H	U	J	Q	D	I	C	A	H	K	P	C
L	A	F	E	S	C	Y	U	Z	K	Y	S	B	A	J
D	M	D	G	V	I	K	T	O	G	E	U	E	R	L
D	H	L	A	B	U	M	J	E	I	D	H	N	A	F
A	S	R	I	C	H	A	L	K	H	S	G	J	T	O
R	P	O	F	N	B	T	R	F	Q	C	S	B	U	D
T	D	O	H	A	I	G	C	K	W	L	M	G	S	P
S	I	L	F	V	U	P	S	T	A	R	T	H	J	B
A	E	F	L	B	K	U	E	F	H	G	I	E	F	A
P	U	Y	C	S	H	D	J	M	A	E	B	W	Z	R

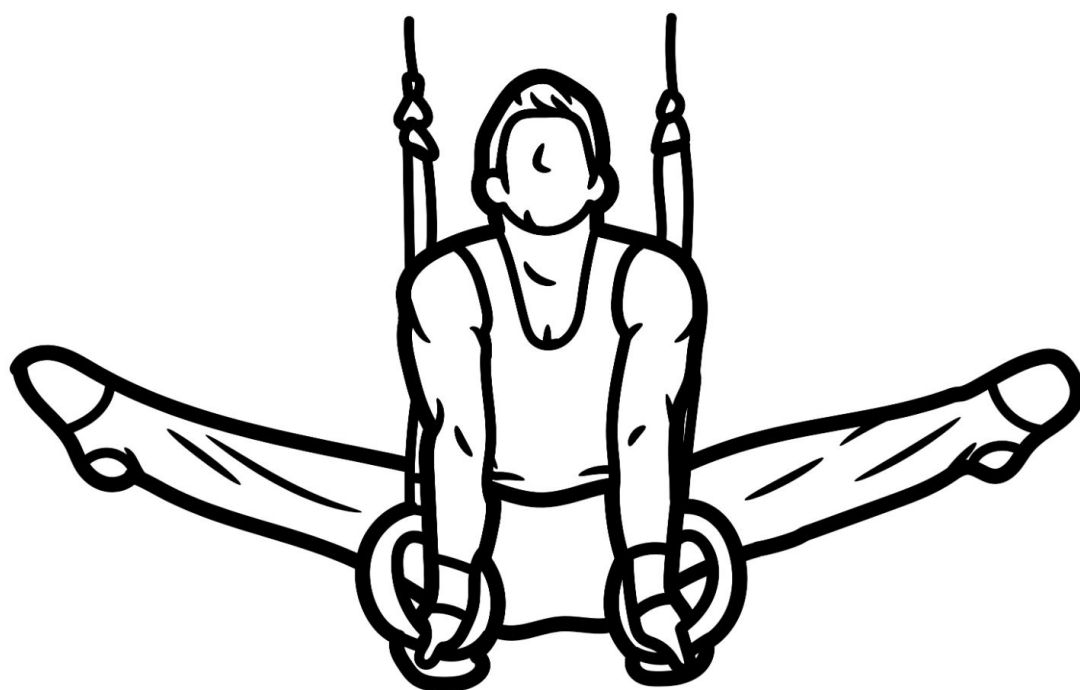
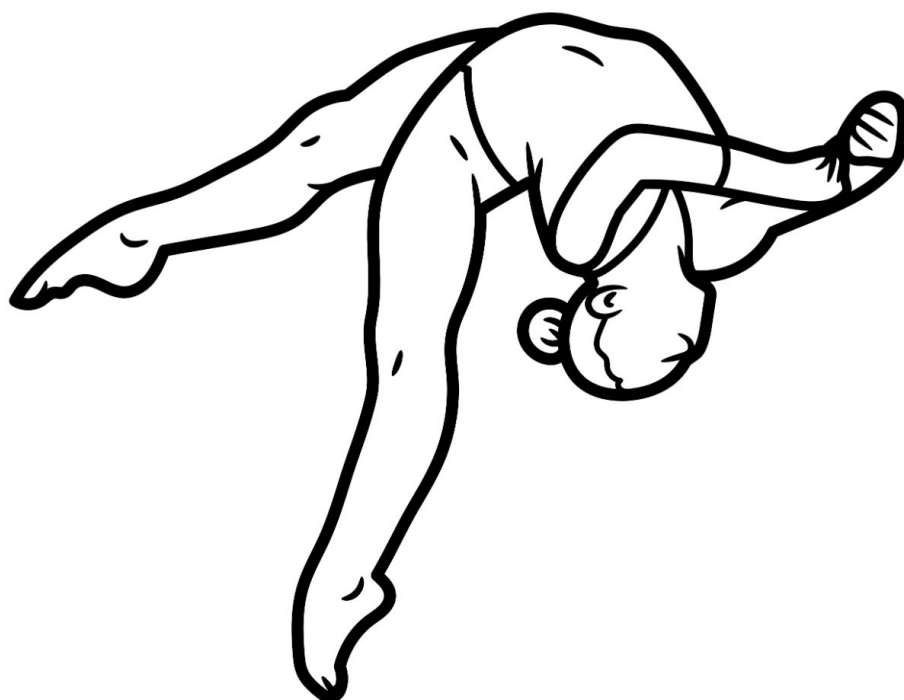
APPARATUS BEAM FLOOR RUN STAR TUCK UPSTART
 BAR CHALK PIKE SPLITS STRADDLE TUMBLE VAULT

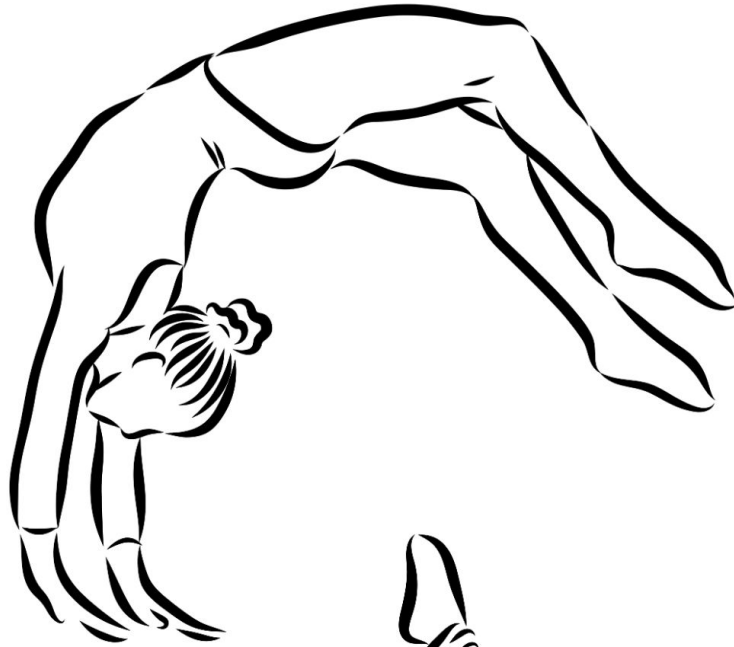


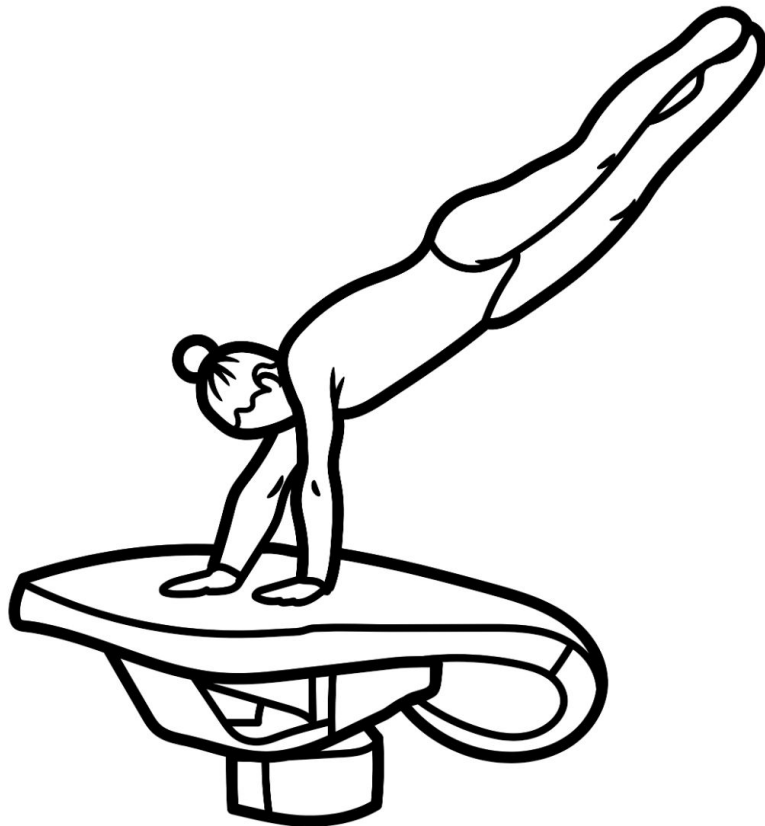
COLOURING

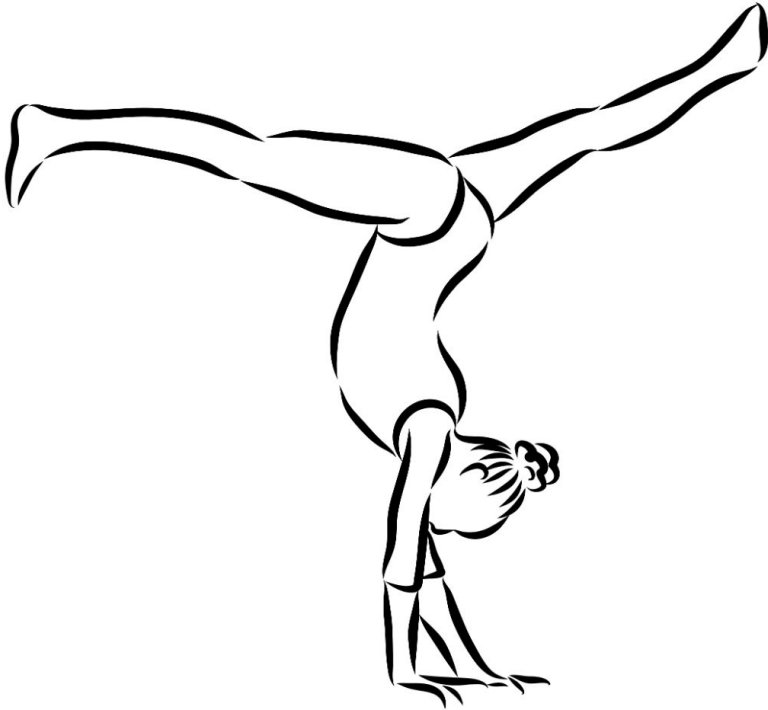
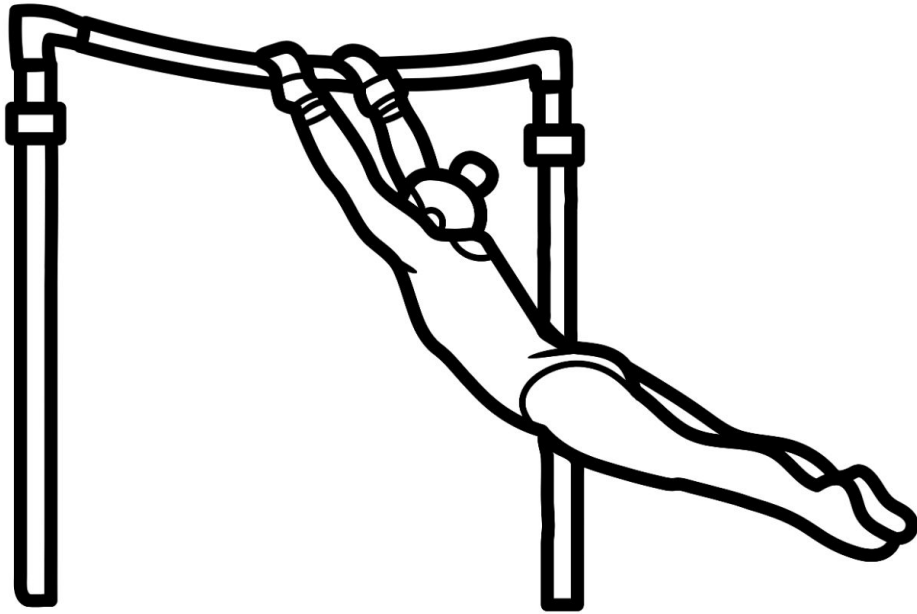












SPOT THE DIFFERENCE

Can you find the 5 differences between the photos?





ALPHABET CHALLENGE

Can you write a gymnastics skill that begins with each letter of the alphabet?

A _____

B _____

C _____

D _____

E _____

F _____

G _____

H _____

I _____

J _____

K _____

L _____

M _____

N _____

O _____

P _____

Q _____

R _____

S _____

T _____

U _____

V _____

W _____

X _____

Y _____

Z _____