

GYMNASTICS LEARNING PACKET



NAME:

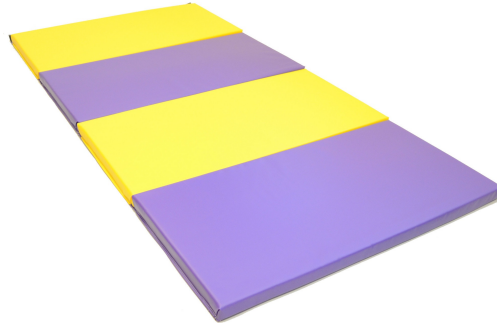
CLASS:

GYMNASTICS EQUIPMENT

THESE ARE EXAMPLES OF EQUIPMENT USED IN GYMNASTICS.
WE MAY OR MAY NOT USE ALL OF THEM DURING CLASS.



BALANCE BEAM



FLOOR MATS



BALANCE BENCH



SPRING BOARD



CRASH MAT



MINI TRAMPOLINE



CARGO MOUNTAIN



VAULT



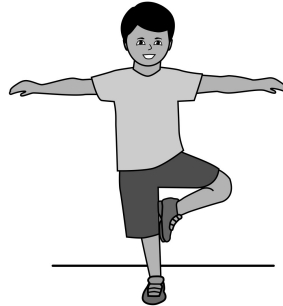
CARGO NET

GYMNASTICS STUNTS

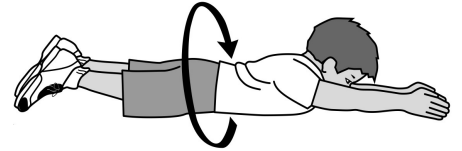
THESE ARE EXAMPLES OF SKILLS USED IN GYMNASTICS. WE MAY OR MAY NOT USE ALL OF THEM DURING CLASS.



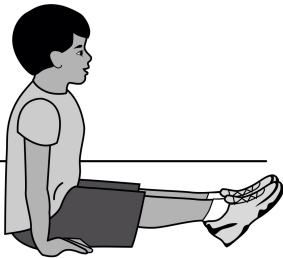
FORWARD ROLL



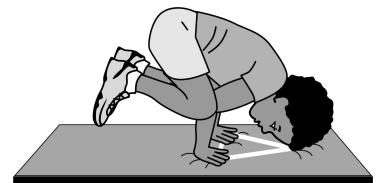
STORK STAND BALANCE



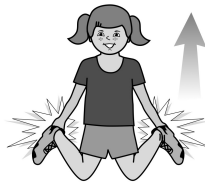
LOG ROLL



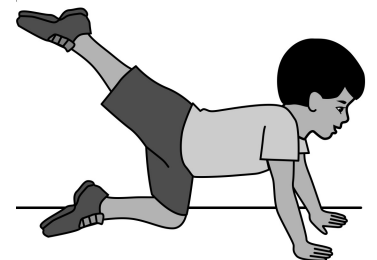
PIKE POSITION



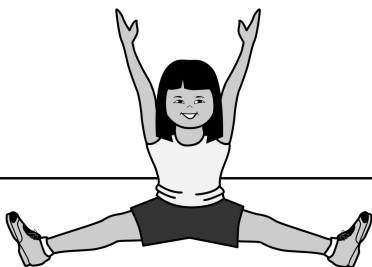
TRIPOD BALANCE



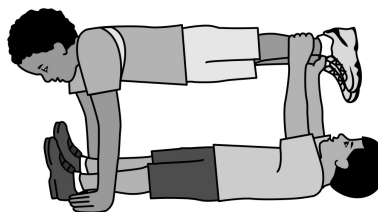
HEEL SLAP



KNEE SCALE BALANCE



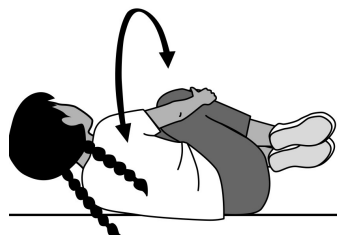
STRADDLE POSITION



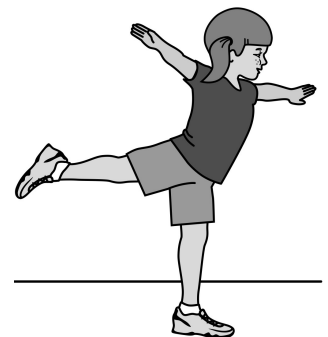
PARTNER BALANCES



TUCK POSITION



EGG ROLL

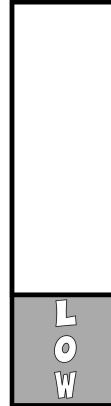


STANDING
SCALE
BALANCE

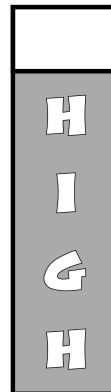
GYMNASTICS AND YOUR BODY

HEALTH-RELATED PHYSICAL FITNESS COMPONENTS USED IN THE
SPORT OF GYMNASTICS

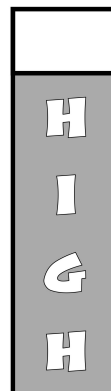
CARDIORESPIRATORY ENDURANCE



MUSCULAR STRENGTH & ENDURANCE



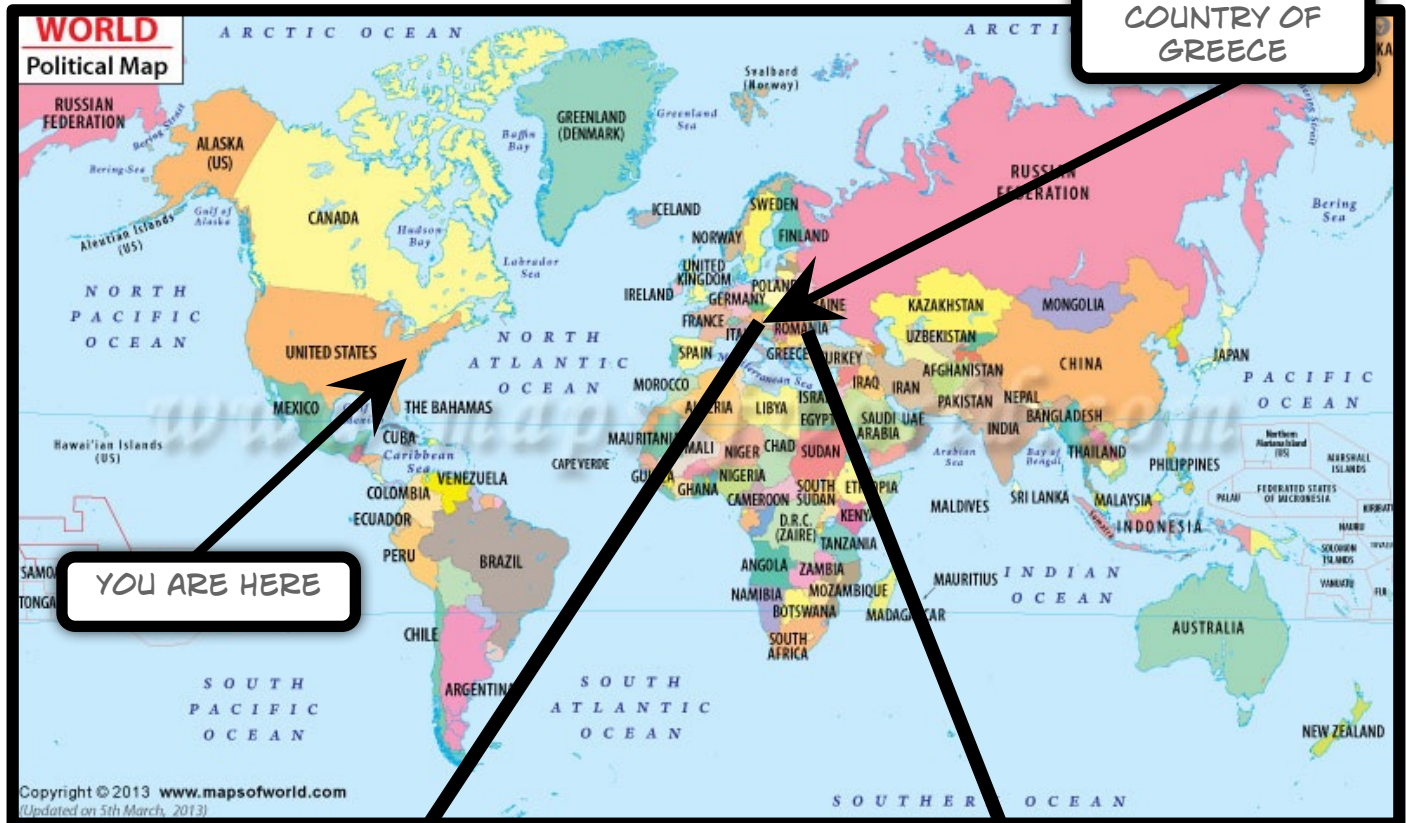
FLEXIBILITY



GYMNASTICS ORIGIN

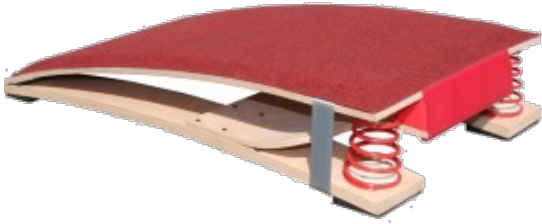
WHERE IN THE WORLD DID IT COME FROM?

GYMNASTICS
CAME FROM THE
COUNTRY OF
GREECE



GYMNASTICS WORKSHEET 1

1. WHAT IS THIS CALLED?



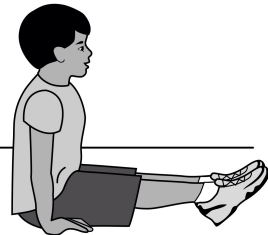
2. WHAT IS THIS CALLED?



3. WHAT IS THIS CALLED?



4. WHAT IS THIS CALLED?

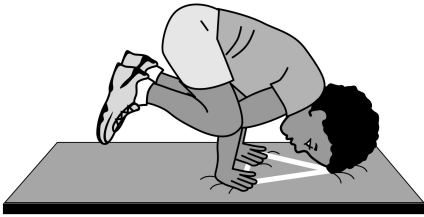


5. WHAT IS THIS CALLED?

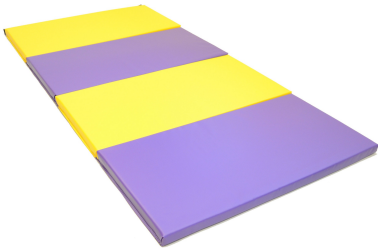


GYMNASTICS WORKSHEET 2

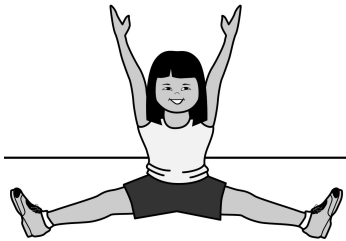
6. WHAT IS THIS CALLED?



7. WHAT IS THIS CALLED?



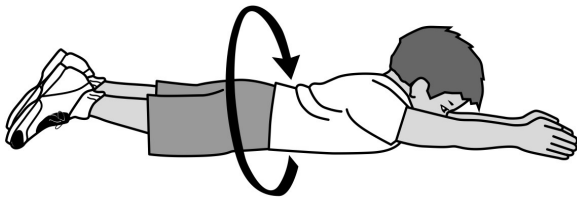
8. WHAT IS THIS CALLED?



9. WHAT IS THIS CALLED?



10. WHAT IS THIS CALLED?



GYMNASTICS WORKSHEET 3

COLOR IN THE BAR SHOWING HOW MUCH GYMNASTICS WORKS THE VARIOUS PARTS OF YOUR BODY IN REGARDS TO HEALTH-RELATED FITNESS.

CARDIORESPIRATORY ENDURANCE



MUSCULAR STRENGTH & ENDURANCE



FLEXIBILITY



GYMNASTICS WORKSHEET 4

11. DRAW A CIRCLE AROUND THE COUNTRY THAT INVENTED GYMNASTICS

12. DRAW A SQUARE AROUND THE COUNTRY THAT YOU LIVE IN



13. DRAW A PICTURE OF THE COUNTRY THAT INVENTED GYMNASTICS

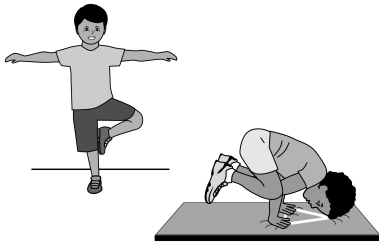


14. THE COUNTRY THAT INVENTED GYMNASTICS WAS _____.

HOW I DID IN GYMNASTICS

CIRCLE THE LEVEL YOU FEEL YOU ACHIEVED IN THE VARIOUS GYMNASTIC'S ACTIVITIES.

BALANCING ON THE FLOOR



I'M A PRO!

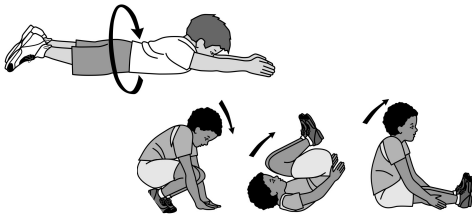
I'M PRETTY GOOD!

I'M O.K.

I NEED MORE PRACTICE.



ROLLING



I'M A PRO!

I'M PRETTY GOOD!

I'M O.K.

I NEED MORE PRACTICE.



CLIMBING



I'M A PRO!

I'M PRETTY GOOD!

I'M O.K.

I NEED MORE PRACTICE.



BALANCE BEAM



I'M A PRO!

I'M PRETTY GOOD!

I'M O.K.

I NEED MORE PRACTICE.



GYMNASTICS LIKES & DISLIKES

THE THINGS I LIKED ABOUT GYMNASTICS:

THE THINGS I DIDN'T LIKE ABOUT GYMNASTICS: