

GYMNASTICS WORD SEARCH



See if you can find these words!

BALANCE BEAM

CARTWHEEL

BARS

CAST

FLOOR

HANDSPRING

HANDSTAND

KIP

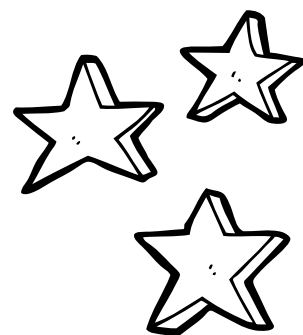
PIKE

PULLOVER

RINGS

SPLIT LEAP

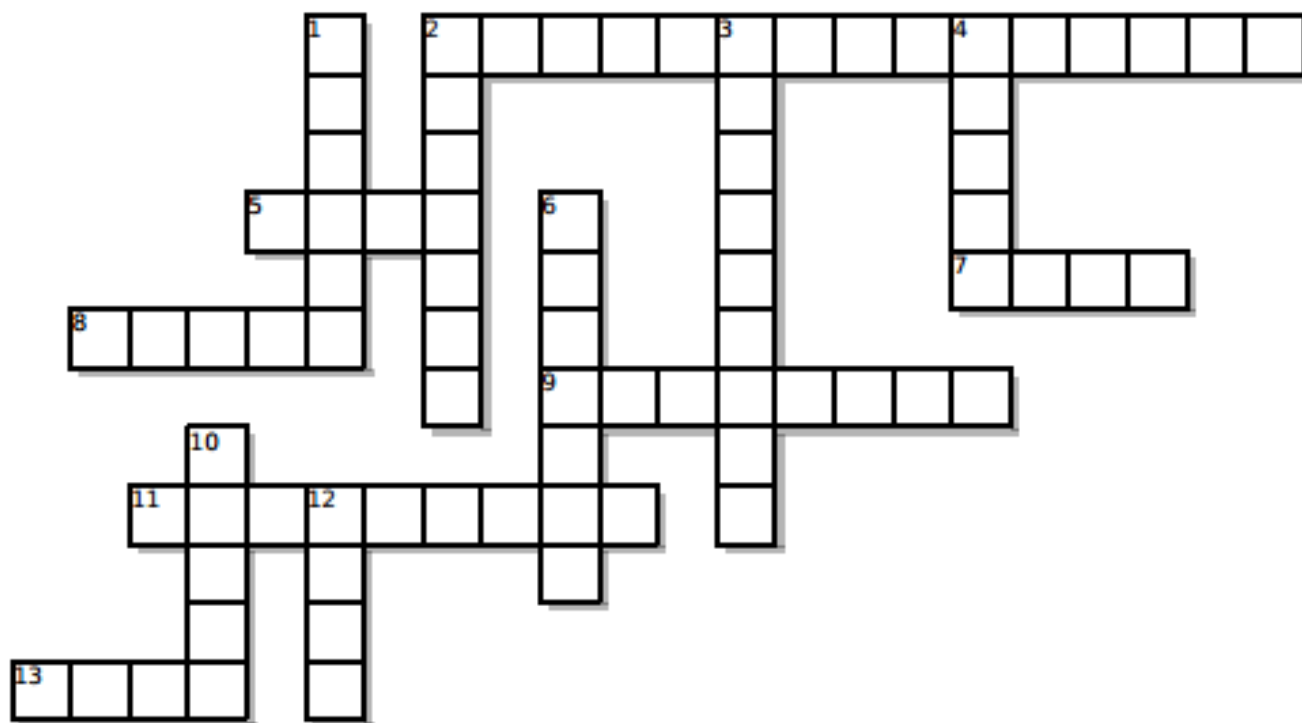
STRADDLE



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

Gymnastics Terms

Can you get them all?



ACROSS

- 2 you can do this in some form on 3 of the 4 girls gymnastics events
- 5 straddle jump full turn
- 7 many levels require one of these on both floor and beam
- 8 term used for the skill you do to get on the beam
- 9 back hip circle with your hips not touching the bar
- 11 many times the first skill a gymnast learns
- 13 basic skill on bars, performed in routines from levels 1-10

DOWN

- 1 a salto in the stretched position
- 2 the first time you flip on bars will probably be doing this skill
- 3 the basic skill that is the basis for many skills in gymnastics
- 4 a gymnastics skill that demonstrates a gymnast's flexibility
- 6 named after a Russian male gymnast, now a common girls release move on bars
- 10 this gymnastics event does not require skills to be connected together to form a routine
- 12 jump where you bring your knees up to your chest

Gymnastics AD LIBS

Fill in the blanks below with a word of your choice without looking at the next page. After you've written down your words you can then transfer them over to the next page in the same order as they're listed here.

month _____

family member _____

emotion _____

adjective _____

gymnastics event _____

body part _____

adjective _____

number _____

number _____

gymnastics skill _____

gymnastics event _____

verb _____

day of the week _____

Gymnastics AD LIBS

It was _____ and my friends and I were going
(month)
to gymnastics practice. My _____ was driving us there. I was
(family member)
really _____ because it was my first day at a new gym. I wasn't
(emotion)
sure what to expect and I couldn't help but think of all the _____
(adjective)
things that might happen.

When we arrived at gym, we started warming up on
_____. I soon realized I had forgotten to tape up my
(gymnastics event)
_____. Within minutes I felt a _____ pull on my
(body part) (adjective)
muscle and I couldn't move. Luckily the pain went away in _____
(number)
minutes.

Seeing that I was better, my new coach made me do _____
(number)
_____s on _____. She was really impressed.
(gymnastics skill) (gymnastics event)
I think I'm going to _____ my new gym. I can't wait until
(verb)
_____ 's practice.
(day of the week)

Memory Game

GymnasticsHQ Style

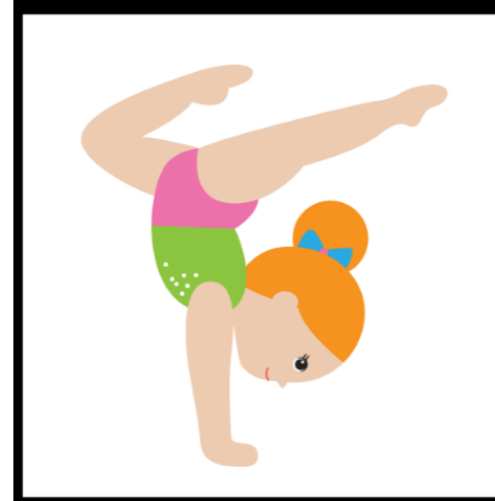
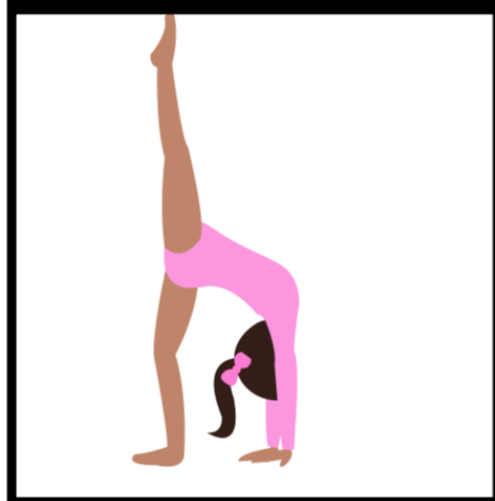
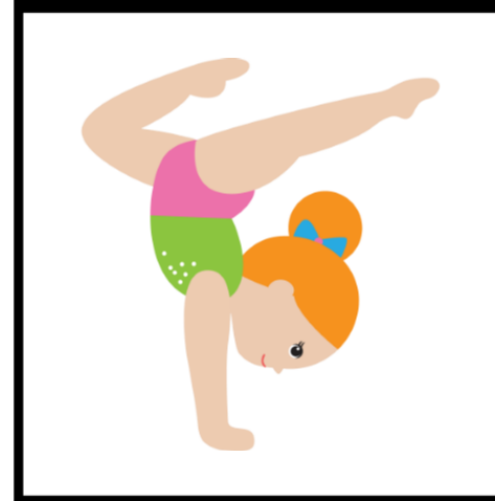
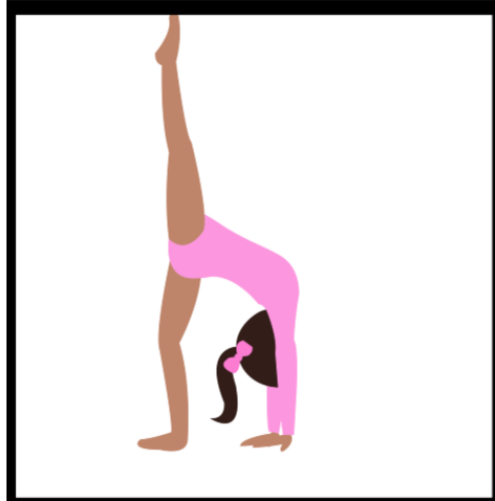
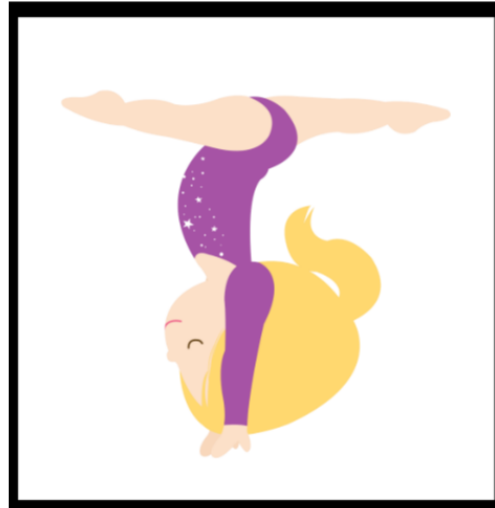
On the following two pages you'll see different gymnastics pictures. Print them all out and cut out each picture. You should have 2 of every picture.

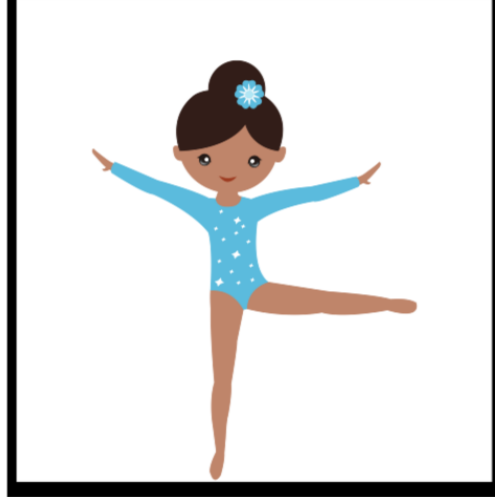
Once you have them all, shuffle them around and then place them face down on a table. Playing with a partner, take turns uncovering two pictures to see if you get a match.

The person who gets the most matches wins.

HAVE FUN!







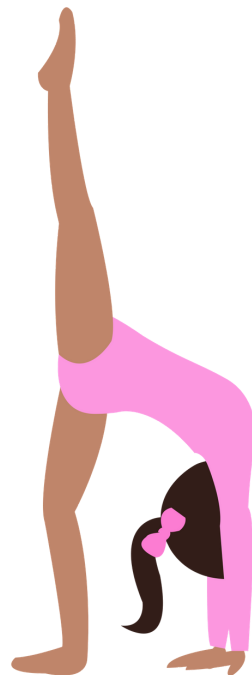
COACH SIMON SAYS

GymnasticsHQ Style

On the next page is a Simon Says chart. With a friend, take turns being Simon. Use the chart to help you pick out fun gymnastics activities to call out.

Remember, the goal is to get the other person to do something without Simon telling her to.

Good Luck! And Have fun!



COACH SIMON SAYS



Touch your toes.

Do a cartwheel.

Do a handstand.

Do a forward roll.

Sit in a pike.

Sit in a tuck.

Sit in a straddle.

Flex your feet.

Point your feet.

Stand in a straight stand.

Do a table.

Do a bridge.

Do a front scale.

Do a back scale.

Do a straight jump.

Do a straddle jump.

Do a tuck jump.

Do a pike jump.

Do a wolf jump.

Do a jump half turn.

Do a jump full turn.

Do a split jump.

Stand on one foot with your other in a passé position.

Stand on one foot with your other in a coupé position.

Get in a plank position.

Do a v-sit.

Do a knee scale.

Lay in a straight body position on your back with feet pointed.

Do a pivot turn.

Do a turn on one foot.

Do a split leap.

Do a cat leap.

Stand in high relevé.

Do a lunge.