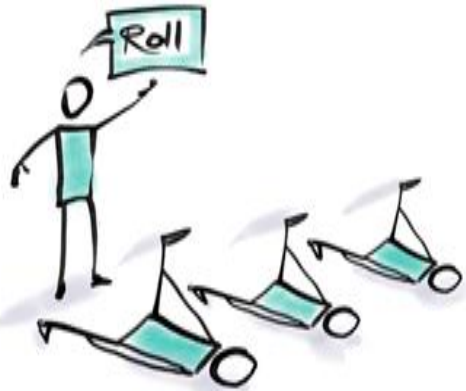


Gymnastics is an **Olympic** sport that requires a combination of **strength, flexibility, coordination, and balance**.
At competitions, judges award points to Gymnasts for performing good quality leaps, jumps, turns, and acrobatic skills.



balances jumps sequence
routine rolls teamwork
coordination apparatus



STEPS TO SUCCESS

These are the skills I need to achieve success in LKS2 Gymnastics:

To perform 9 key shapes.

To travel using different body parts.

To travel on different levels at different speeds.

To create sequences of movements, shapes, balances, and rolls.

To work with others mirroring and cannoning.

To perform in front of others.