

Name: _____ Date: _____

Gymnastics

1. Which shape do you use for forward rolls? A. Risk assessment
2. Which shape do you use for cartwheels? B. Tuck
3. Which shape do you use for handstands? C. Hands-on
4. We use this to make sure the gym is always safe D. Consistent
5. This is important before we start any kind of exercise E. Warm up
6. It is important to always... F. Support a child
7. Coaches who are able and willing to... G. Straddle
8. Coaches should be... H. motivate each gymnast
9. It is important to be... I. Core strength
10. You need this for every gymnastic skill J. Straight