

Name: _____

Date: _____

Gymnastics Minute (find a skill, practice it for 1 minute)

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

Cartwheel to handstand
Bridge kickover
Shoulder roll
Candle stand
Shape jumps
Pirouette
T Lever

Chasse step leap
Teeter totter
Backward roll
Front limber
Back limber
Jump turn
Routine

Press headstand
Straddle roll
Needle kicks
Forward roll
Cartwheels
Handstand
Splits