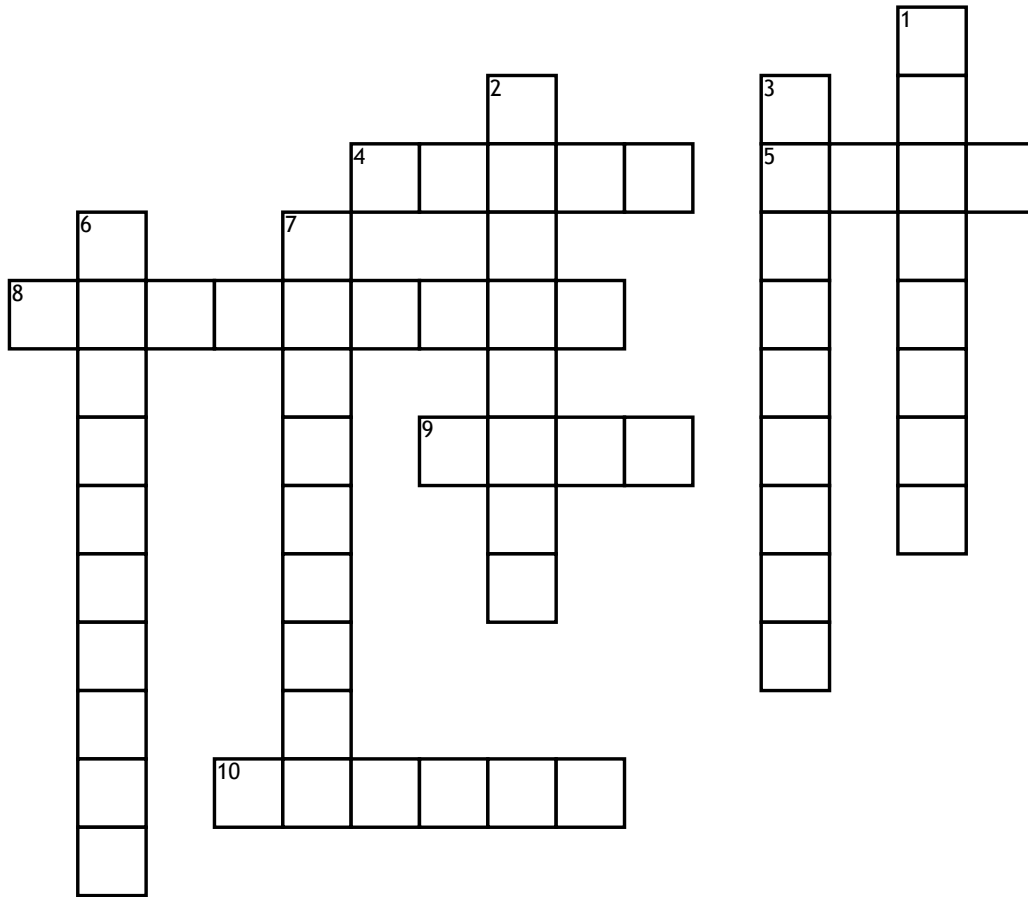


# Gymnastics Skills Easy



## Across

4. How do I get on the beam
5. What is the proper name for Superman
8. what is the landing shape called
9. what skill is my front support shape
10. Standing on toes

## Down

1. When you jump and bring your knees to your chest

2. How do we finish our forward roll on bars

3. Balancing upside down on my hands with my legs in the air

6. I start up tall, I squat, I place chin on chest, my feet come over the top of my head and I curve my back, I roll coming back to my feet

7. I am standing on one leg with the other leg straight behind me

## Word Bank

- |       |           |             |            |           |
|-------|-----------|-------------|------------|-----------|
| Arch  | Tuck Hang | Cast        | Motor Bike | Arabesque |
| Mount | Handstand | Foward Roll | Tuck Jump  | Releve    |