

Max's Gymnastics Masterclass

Stretch, Focus, and Soar: Master the Art of Movement!

- **Safety First:** Always ensure the floor mats are flat and clear of any loose objects before you begin your warm-up.
- **Posture Matters:** Keep your head tall and your back straight to ensure every movement looks precise and professional.
- **The Perfect Landing:** When finishing a jump, bend your knees to absorb the energy and keep your feet shoulder-width apart.
- **Building a Sequence:** A sequence is a set of movements linked together smoothly, like a dance of strength and flexibility.
- **Controlled Speed:** In gymnastics, moving with slow, deliberate control is often harder—and more impressive—than moving quickly.

Did you know? Did you know? Gymnasts use 'core tension' to stay steady. By tightening their stomach muscles, they can hold poses like the 'statue' or 'arabesque' without wobbling, even when they are moving fast!

Key vocabulary: Balance · Sequence · Extension · Tension · Apparatus · Posture · Control