

Gymnastics Basics with Max the Monkey

Learning objective: To learn and identify key gymnastic movements and safety practices.

Max the Monkey loves to move! Look at these cards to learn about gymnastics. Read the front, then look at the back to see the answer. You can use the word bank to help you.

What do we call holding a position still without wobbling?

Balance

How do you move from one place to another in gymnastics?

Travel

What do we call the muscles in your tummy and back that keep you steady?

Core

What is it called when you pull your muscles tight to stay strong?

Tension

What is the most important thing to do when you finish a jump?

Landing

What is a series of movements performed one after another?

Sequence

What does it mean to hold your body straight and tall?

Posture

What do you need to show when you move slowly and carefully?

Control

What should you check for before you start your gymnastics session?

Safety space

What should you always do before you start exercising?

Warm up