

Gymnastics Mastery: The BookFlik Guide

Learning objective: To master the technical vocabulary of gymnastics and apply evaluative thinking to movement sequences.

Key Vocabulary

This word that is divided into three categories: Body Control, Movement Patterns, and Sequence Design. Use these terms to describe your gymnastics performances and evaluate your peer's routines.

Explain why 'Core...	Compare and con...	Justify your ans... If a gymnast performs ve...
What might happ...	How can increasi...	Design a short s...