

Gymnastics

Jet

Gymnastics is a type of sport and in gymnastics you do cartwheels. Gymnastics is a way of getting exercise. Gymnastics is one of the sports included in the olympics.

Fun Fact

In gymnastics you do cartwheels and hand stands! Lots of people do gymnastics!
It's a very popular sport.
Gymnastics is a really good way of getting exercise.



Gymnastics

Things to wear

In gymnastics you allowed to wear what ever you want but most people wear a leotard.
Or some people wear a leotard and a tunic. Some people bring a bag to gymnastics with all of their stuff in it.

What to do

At gymnastics you do lots of things like hand stands, straight tumbles and tuck tumbles. You do these things to keep healthy, so you do not brake your arm or your legs.

The competitions

In gymnastics competitions you get to show off your moves to everyone smiling! Sometimes 16's not like an official competition you just get to show off your moves.