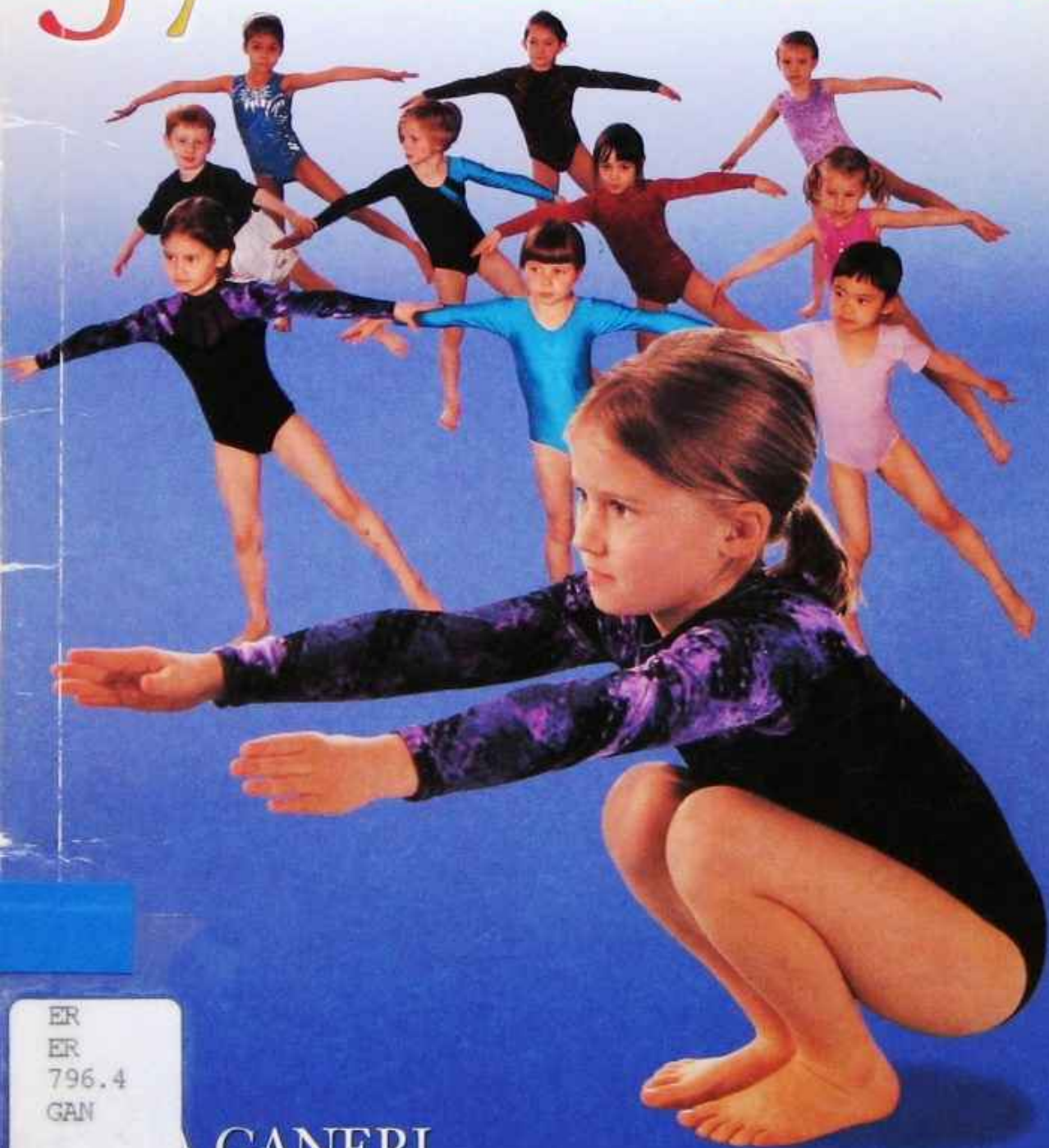




DORLING KINDERSLEY READERS



# First day at gymnastics



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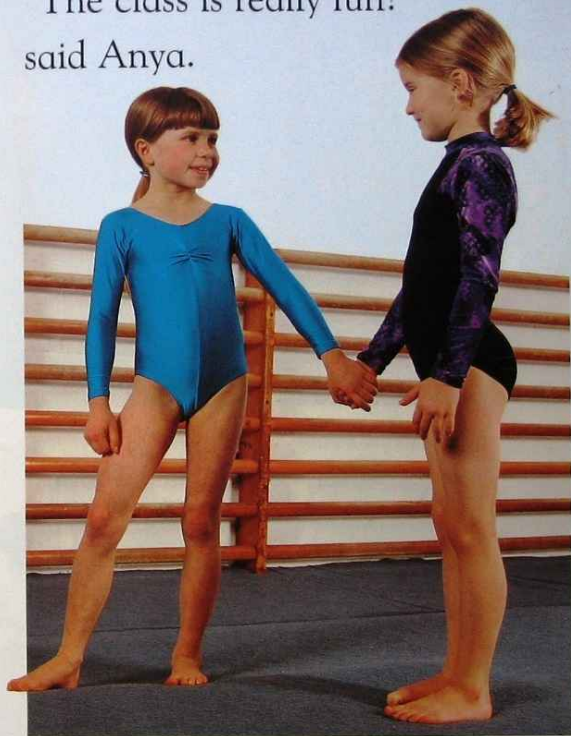
Jenny tugged at the sleeves  
of her new leotard.  
Her mom tied up her hair.



leotard

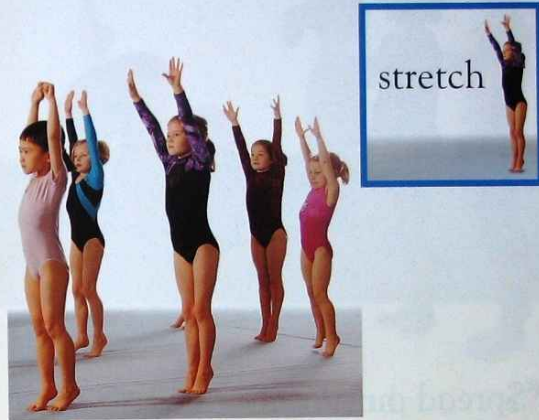
Jenny was going to gymnastics  
for the first time.  
What would it be like?

Anya had taken  
gymnastics before.  
“The class is really fun!”  
said Anya.





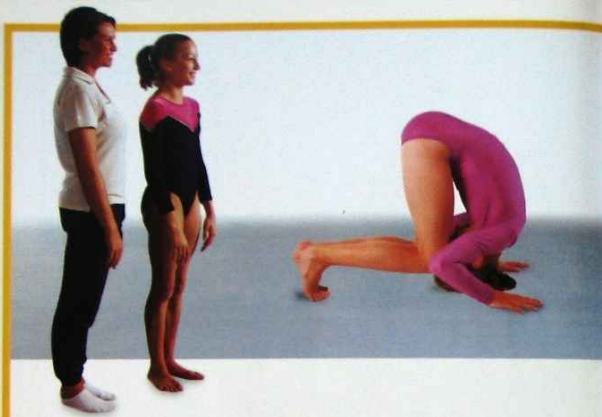
The teacher was Ms. Sims.  
She turned on the warm-up music.  
The children hopped, skipped,  
and jumped.



After that, they all stretched  
their arms up in the air . . .



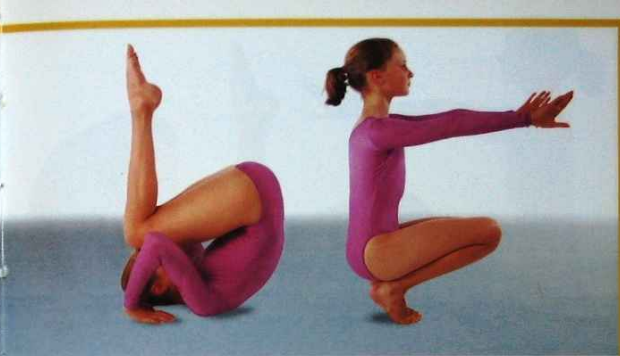
and then down to touch their toes.



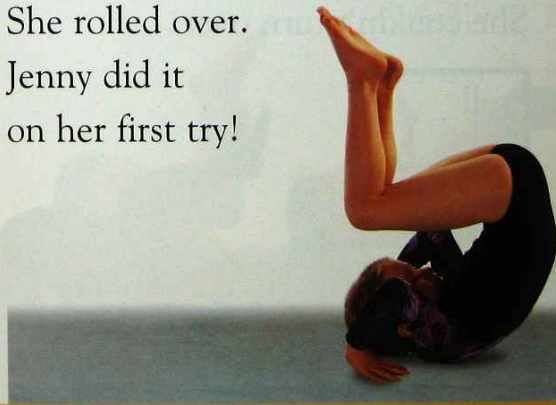
“Spread out now  
and find a big space on a mat,”  
said Ms. Sims.

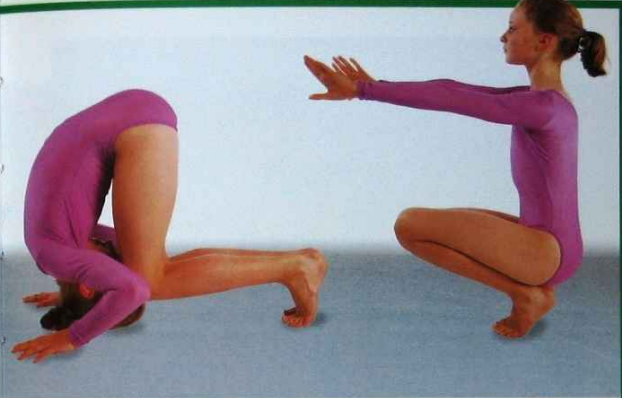
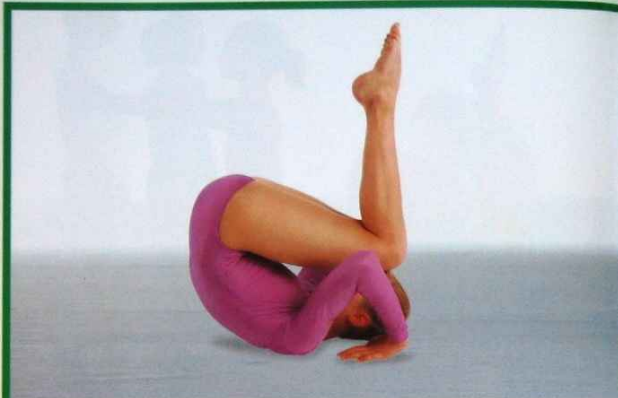
“Today Kate and Holly  
will show you some moves.  
We’ll start with  
a forward roll.”

mat



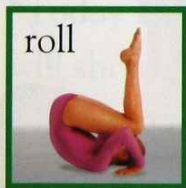
Kate tucked in her head,  
and pushed with her feet.  
She rolled over.  
Jenny did it  
on her first try!

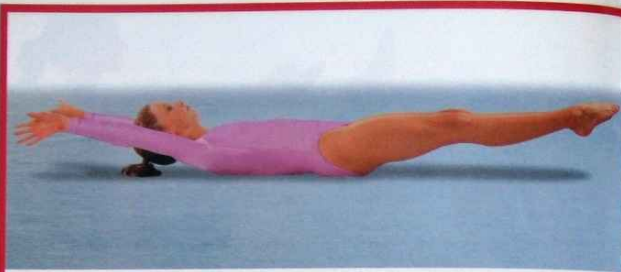




Next Kate did a backward roll.  
Jenny did not find this so easy.  
She couldn't turn over.

"Put your hands by your ears,"  
said Ms. Sims. "Now roll and push."

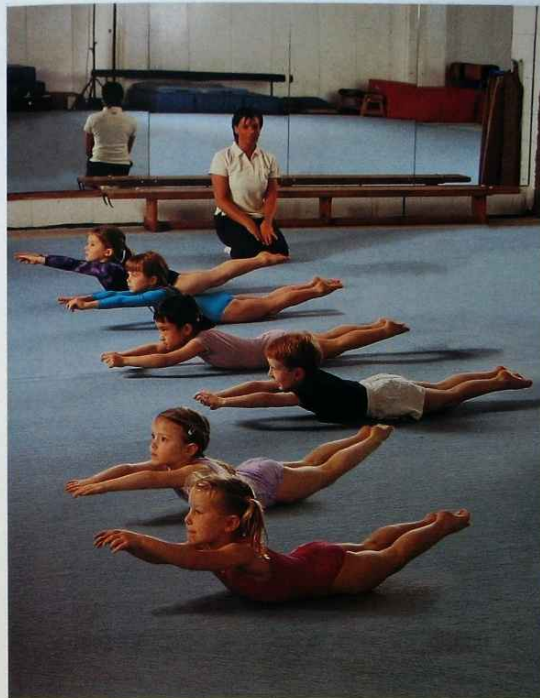




Kate then showed them  
how to make different shapes  
on the mat.

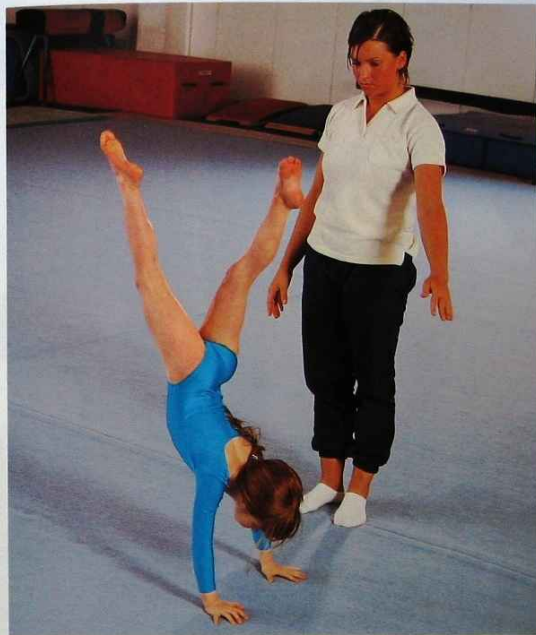
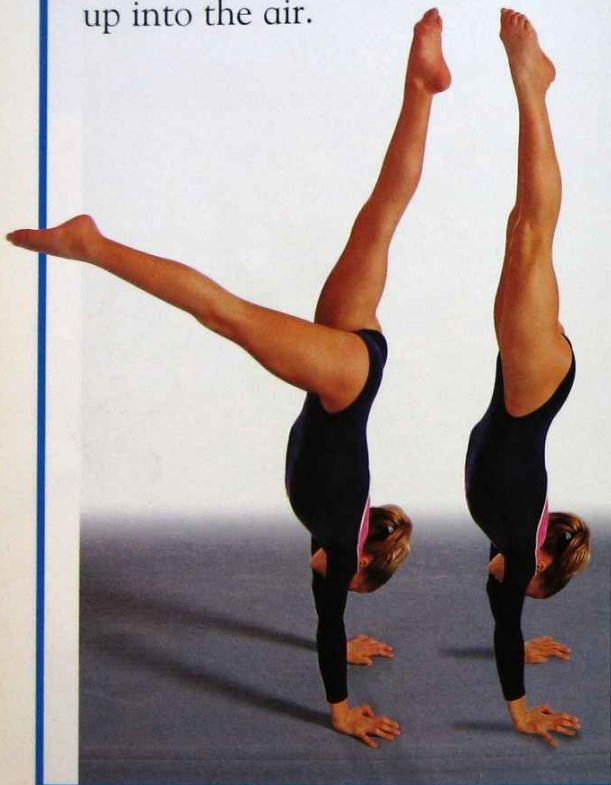
She lay on her back  
and raised her arms and legs.

Then she lay on her belly  
to make an arch.

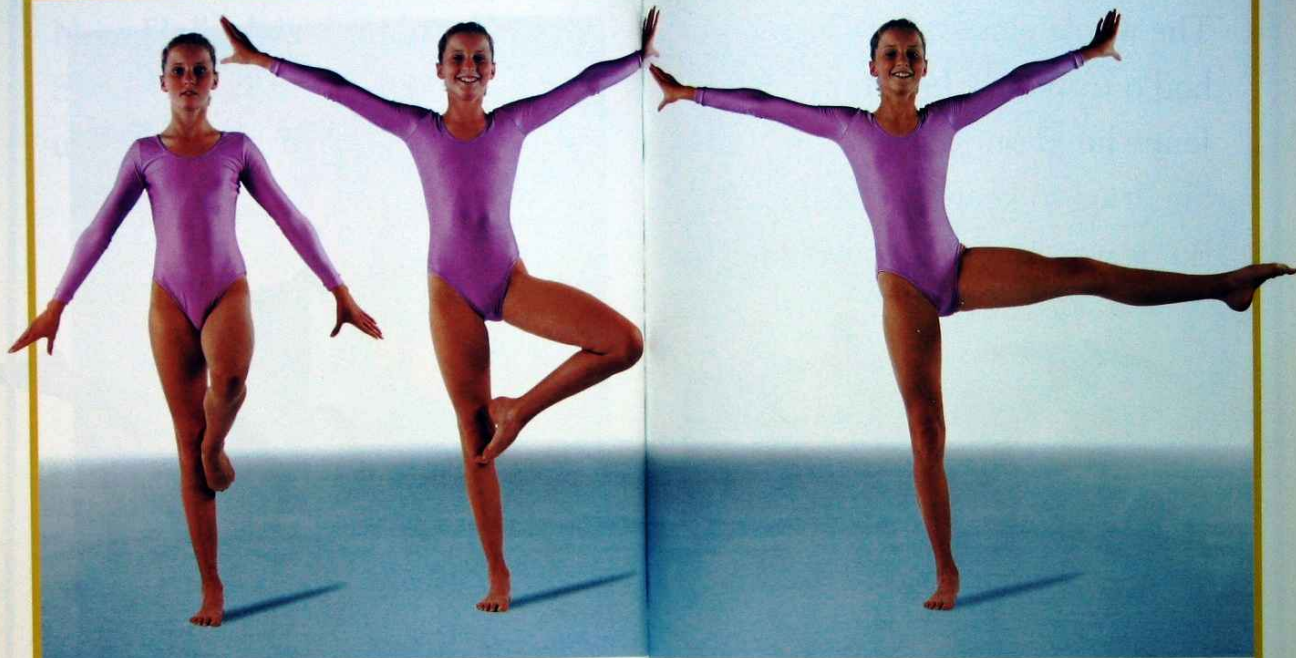


The class tried the shapes.  
“Remember to stretch,”  
said Ms. Sims.

Next Holly did a handstand.  
She kicked her legs  
up into the air.

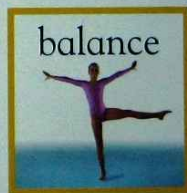


Then Anya tried.  
“Kick harder  
and pull your legs together,”  
said Ms. Sims.



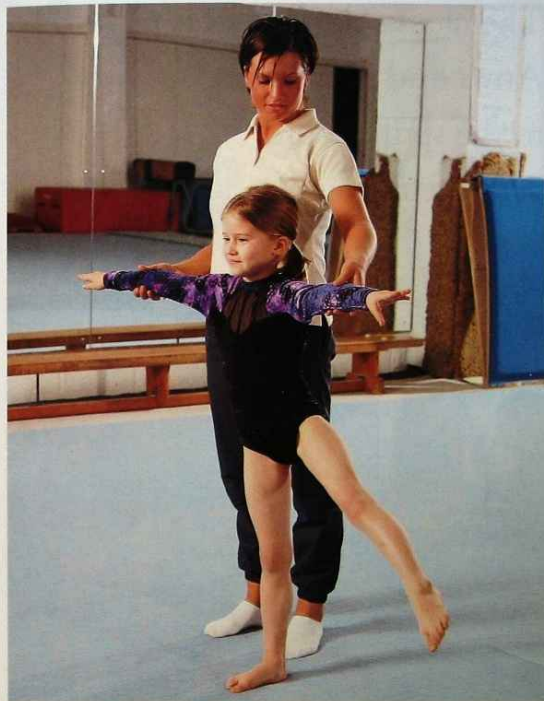
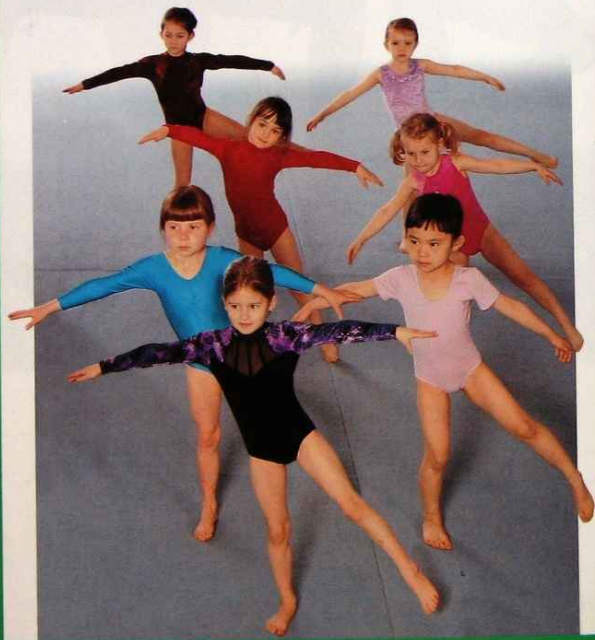
Next Kate showed them  
how to balance.  
She lifted up one leg.

She stretched that leg  
out to the side.  
Then she stood  
very still.



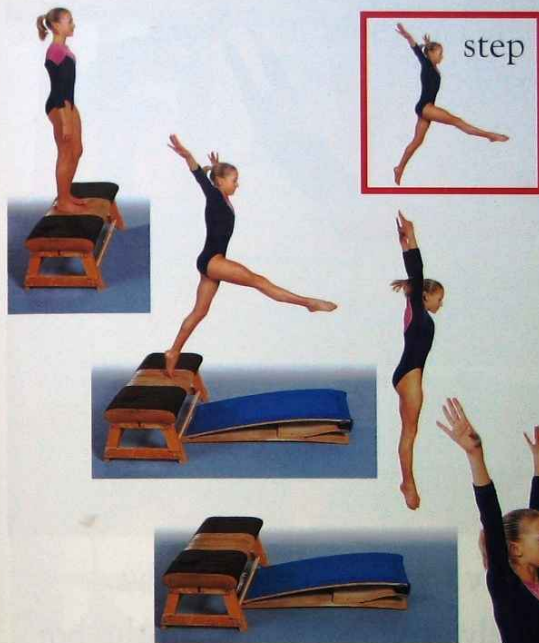


The whole class  
had a turn at balancing.  
Jenny lifted one leg.  
She tried to keep very still.  
But it was hard not to wobble!



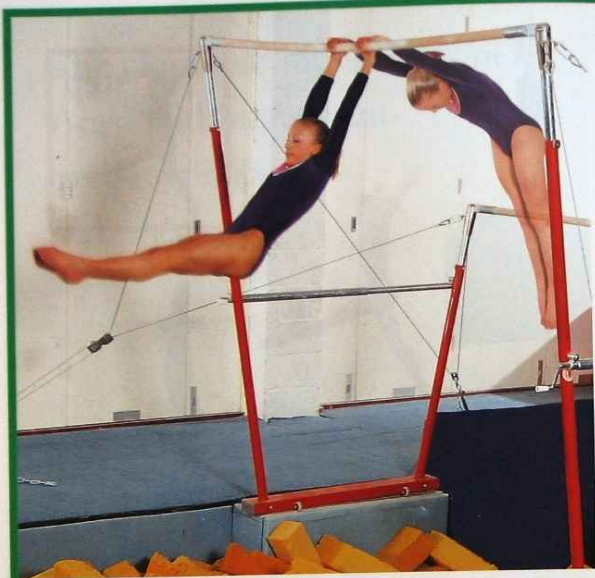
“You almost have it,” said Ms. Sims.  
“Hold out your arms  
to help you balance.”

The class split into groups next.  
Anya and Jenny went  
to the springboard  
with their group.



Holly showed them  
how to step  
onto the springboard  
and jump off.





They went to the bars next.  
Holly put both hands on the bar  
and swung backwards  
and forwards.  
Then she let go and landed  
on the soft foam below.

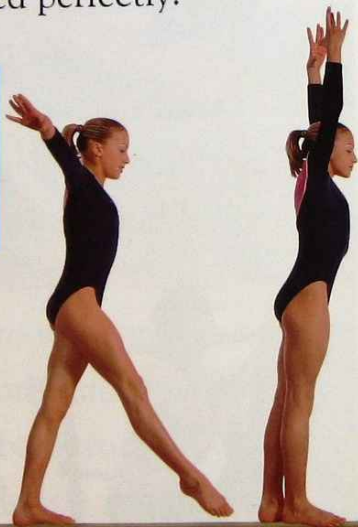
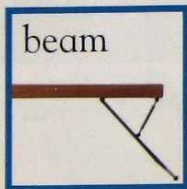


Ms. Sims lifted Jenny up to the bar  
and helped her to swing.

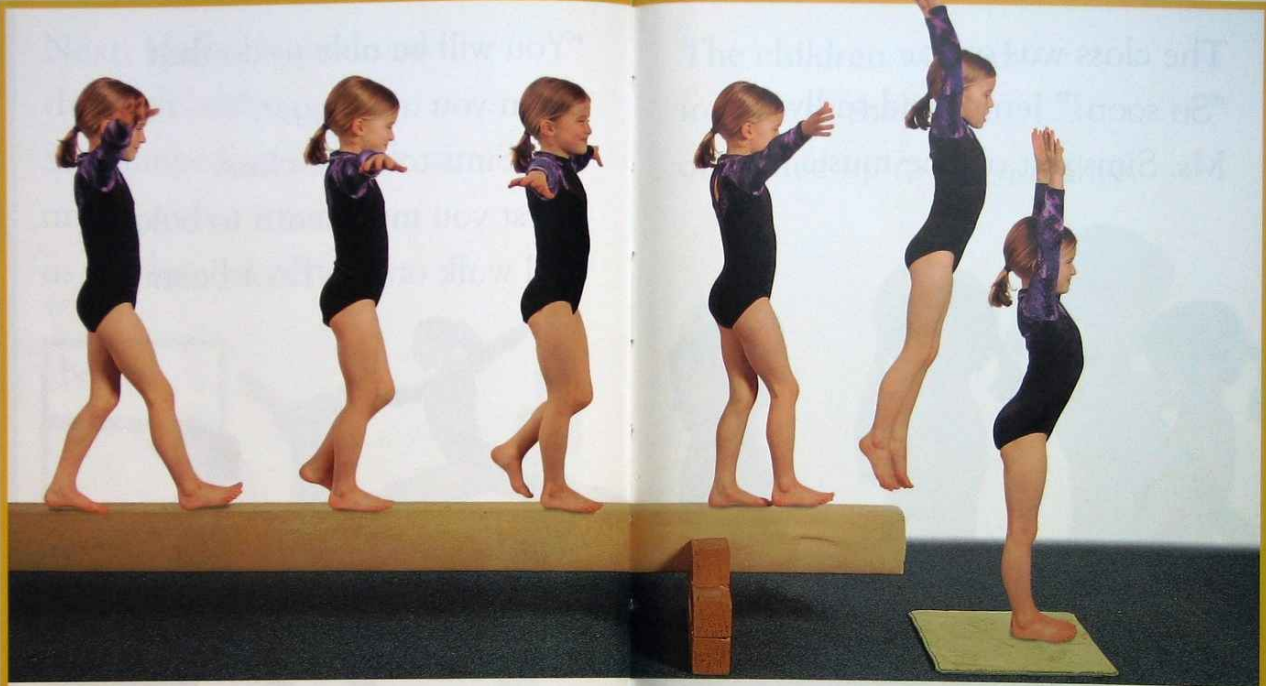


bars

Next, Holly climbed onto the high beam. She jumped up into the air and bent her knees as she landed perfectly.



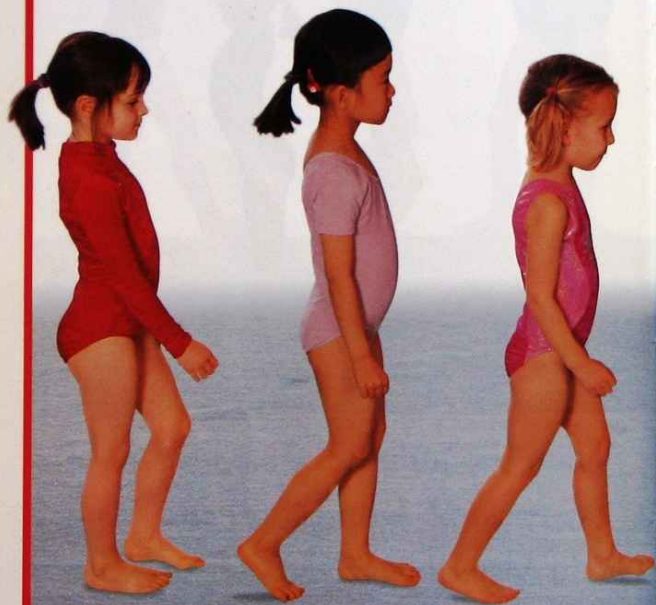
“You will be able to do that when you are bigger,” Ms. Sims told the class. “First you must learn to balance and walk on the floor beams.”



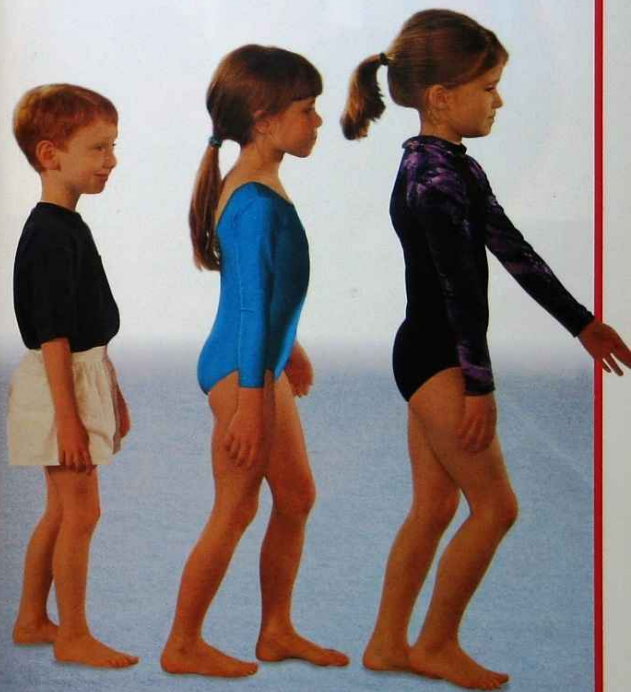
Jenny walked carefully  
along the floor beam.  
She kept her back straight  
and her arms stretched out.

Then she jumped off neatly.  
“Very good, Jenny,”  
said Ms. Sims.  
“You have done well today.”

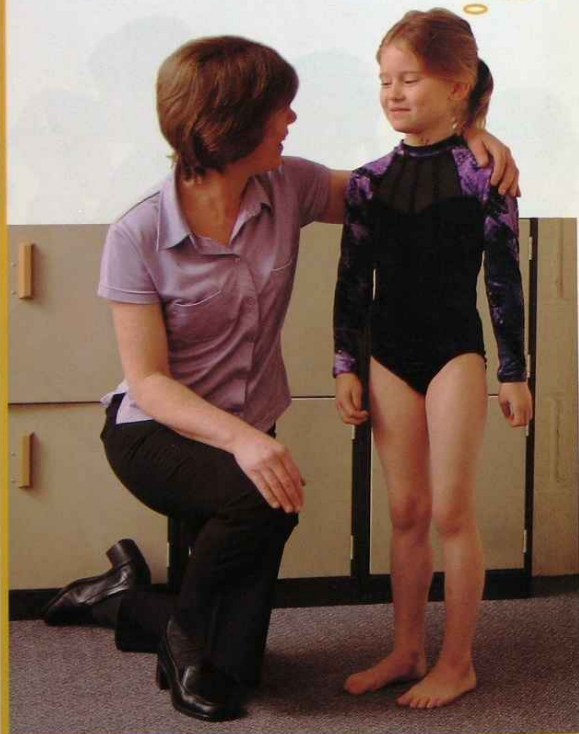
The class was over.  
"So soon?" Jenny said sadly.  
Ms. Sims put on the music.



The children walked  
in time to the music  
and lined up to say goodbye.



“Do you want to come again next week?” asked Jenny’s mom.  
“Yes!” said Jenny.



One day I'll be a famous gymnast,  
thought Jenny.  
I'll balance on one leg.  
I'll swing on the bars.  
I'll jump on the high beam.  
And I won't wobble!

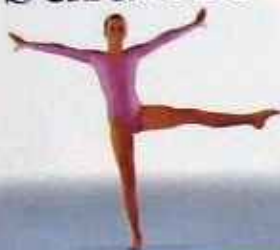
# Picture word list



leotard

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balance



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stretch



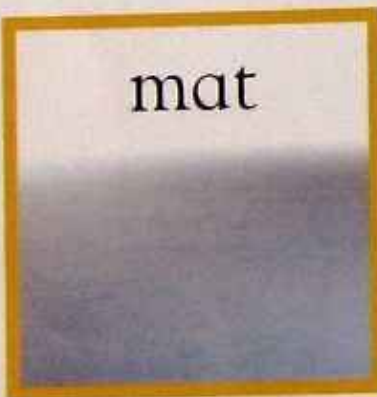
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beam



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