These activity sheets have been created by our team of instructors at the leisure centres. We hope that children enjoy completing them and we encourage parents/guardians to get involved with helping where necessary.

We also have worksheets available based on dance, swimming and trampolining which we can also send to you by request.

Don’t forget to share any completed work with us on our social media pages or even bring in to show your instructors when our centres reopen.

If you have any questions in regard to these worksheets or regarding any of our sessions, please contact rebecca.truman@chesterfield.gov.uk
Gymnastics 2020 word search!

Below the grid, you will see a list of words for you to find in our wordsearch. However, as it is 2020, once you find the word we want you to either, do 20 reps of the word you find, see how many reps you can do in 20 seconds, or hold the skill for 20 seconds happy hunting and training

Situps
Burpees
Left splits
Right splits
Box splits
Press up
Tuck jump
Bridge
Lunge kicks
Dish
Arch
Front support
Side support
Crunches
Star jump
Back support dips
Shoulder taps
Tuck rock to stand
Jumping jack
Squat straight jumps
Gymnastics Crossword

Across
3. What you do at the start of every gymnastics lessons
7. A skill where you balance on your hands
9. In back support, what part of your body do your fingers point to
10. A jump where you bring your knees to your chin
11. How your feet should be at the start of a forward roll
12. A skill you do in the warm up to stretch your back

Down
1. A piece of apparatus that is hard to balance on
2. A piece of apparatus you squat on
4. A piece of apparatus you do chin ups on
5. A skill that goes: hand, hand, foot, foot
6. What a gymnast wears
8. A shape where you’re sat on the floor with your legs straight and together in front of you
Gymnastics Crossword Answers

Across
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7. A skill where you balance on your hands
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6. What a gymnast wears
8. A shape where you’re sat on the floor with your legs straight and together in front of you
Gymnastics Word Scramble

1. TRAS MUPJ
2. WRLCHTAEE
3. CRILCE PU
4. DEGIBR
5. FROOL
6. LTSSPI
7. NSDDHTNAA
8. WRORADF LOLR
9. UAVTL
10. LSTRDADE
11. FLLU UNRT
12. INTIGNNOOOCID
13. IPEK
14. RSBA
15. EBAM
16. RGSIPN RDAOB
17. LTISP LEAP
18. CKAAWSRDB OLRL
19. TNFOR PPORTSU
20. DHSI
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<td>1</td>
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<td>Skill on bars</td>
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<td>4</td>
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<td>5</td>
<td>A piece of apparatus</td>
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<td><img src="Image" alt="Backward Arch" /></td>
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<tr>
<td>8</td>
<td><img src="Image" alt="Balance Beam" /></td>
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</tr>
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<td>9</td>
<td>A piece of apparatus</td>
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<td>An example is sit ups</td>
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<td>16</td>
<td>Use when on vault</td>
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<td>17</td>
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<tr>
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</table>
Gymnastics Word Scramble Answers

1. TRAS MUPJ **STAR JUMP**
2. WRLCHTAEE **CARTWHEEL**
3. CRILCE PU **CIRCLE UP**
4. DEGIBR **BRIDGE**
5. FROOL **FLOOR**
6. LTSSPI **SPLITS**
7. NSDDHTNAA **HANDSTAND**
8. WRORADF LOLR **FORWARD ROLL**
9. UAVTL **VAULT**
10. LSTRDADE **STRADDLE**
11. FLLU UNRT **FULL TURN**
12. INTIGNNOOCID **CONDITIONING**
13. IPEK **PIKE**
14. RSBA **BARS**
15. EBAM **BEAM**
16. RGSIPN RDAOB **SPRING BOARD**
17. LTISP LEAP **SPLIT LEAP**
18. CKAAWSRDB OLRL **BACKWARDS ROLL**
19. TNFOR PPORTSU **FRONT SUPPORT**
20. DHSI **DISH**
Design your very own leotard and share your drawings with us on our Queens Park Sports Centre Facebook page.

Feel free to add your first name, your coach and your class day/time
Design your very own leotard and share your drawings with us on our Queens Park Sports Centre Facebook page.

Feel free to add your first name, your coach and your class day/time.
Design your very own outfit and share your drawings with us on our Queens Park Sports Centre Facebook page.

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