

Gymnastics

Reflection

Did you participate in gymnastics this year and want to collect hours? Answer the questions below to earn ten hours in your *Passport to Learning*.

- 1 Complete a T-Chart to explain what a gymnast does and does not do during training or a competition. Use dot points.

A great gymnast does...	A great gymnast does not...

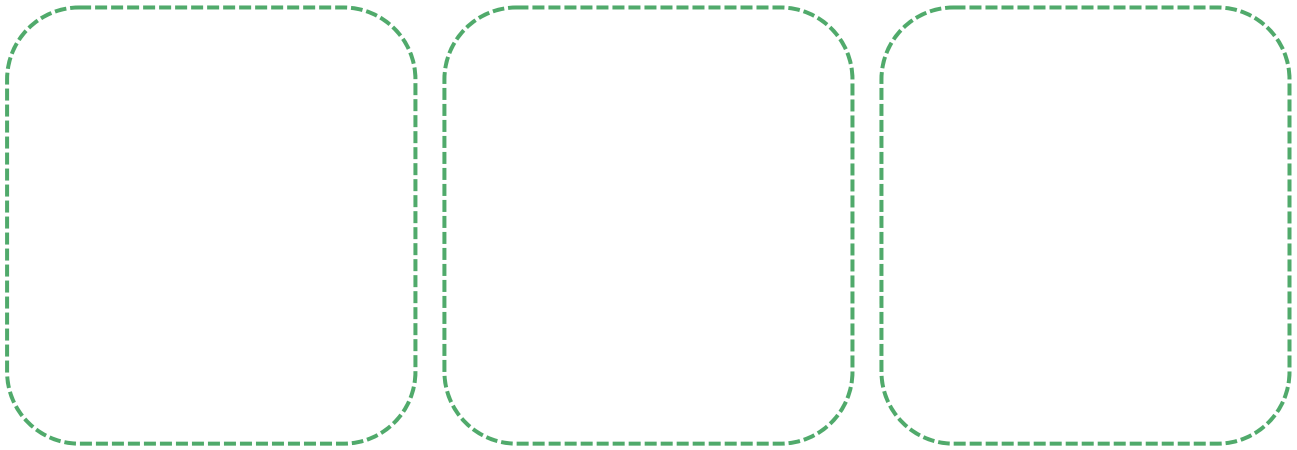
- 2 Share a standout moment from your gymnastics sessions.

- 3 How do you feel about performing gymnastic routines in front of an audience? What do you do to stay focused and calm during a performance?

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- 4 Choose an apparatus/equipment that you use during training. Take photos or draw yourself showing the different moves you know how to do on it.



- 5 What goals have you set for yourself in gymnastics for next year?

- 6 Did your interest in gymnastics stay the same, improve, or drop as you continued through the year?
(Colour in the letter)

A Increased

B Stayed the same

C Dropped

- 7 Explain your answer in at least one sentence. Use the word 'because' in your sentence

Complete this form and return it to your CU Coordinator to earn up to ten hours in your *Passport to Learning*. **Limit of ten hours per activity per year.**