

Core Skills Analysis

Physical Education

- Improved balance and coordination through activities like using the balance beams and rope swings.
- Enhanced flexibility and strength through exercises on the spring boards.
- Increased body awareness and control while moving around freely and utilizing the equipment.
- Developed social skills by interacting with other home-educated children in a group setting.

Tips

For continued development, encourage Willa to practice different gymnastic moves at home to enhance her skills further. Utilize online resources for tutorials and home practice routines. Incorporating yoga poses can also help improve flexibility and balance. Additionally, setting goals for mastering specific gymnastic moves can provide motivation and a sense of achievement.

Book Recommendations

- [Gymnastics Fun](#) by Kate Howard: Join Willa on her gymnastics adventures as she learns new moves and overcomes challenges in this illustrated book.
- [The Gymnastics Mystery](#) by Elizabeth Singer Hunt: Follow Willa and her friends as they solve a mystery while preparing for a gymnastics competition in this engaging story.
- [Jump, Jive, and Gymnastics](#) by Katherine Levine: Discover the world of gymnastics through Willa's eyes as she navigates friendship and competition in this heartwarming tale.