

Core Skills Analysis

Sportsmanship

- Understanding the importance of teamwork and how athletes support each other.
- Recognizing the mental and emotional challenges athletes face and how they overcome them.
- Learning about the significance of perseverance and resilience in achieving personal goals.
- Gaining insights into how positive attitudes and actions on and off the field can influence others.

Physical Education

- Learning about the training regimen of professional athletes like Simone Biles and its impact on performance.
- Understanding the importance of discipline and dedication in physical training.
- Exploring the role of fitness and nutrition in supporting an athlete's body.
- Gaining an appreciation for various gymnastic skills and techniques demonstrated throughout the documentary.

Mental Health Awareness

- Identifying the signs of stress and anxiety that can affect athletes.
- Understanding the importance of mental well-being and its impact on performance.
- Exploring the concept of seeking help and support to cope with pressures.
- Learning about the importance of work-life balance and how athletes manage their time.

Tips

To further explore the themes presented in the documentary, students could consider engaging with local gymnastics clubs to experience the sport firsthand, or research other athletes' stories of overcoming adversity. Reflecting on their own experiences with teamwork and personal challenges could also provide valuable insights. Maintaining a journal to track their thoughts on perseverance, goals, and mental health could help them develop a deeper understanding of these concepts.

Book Recommendations

- [Fearless: The Story of Racing Legend Simone Biles](#) by Elizabeth Rusch: A captivating biography that details the life of Simone Biles, her journey in gymnastics, and the challenges she has faced.
- [The Mane Event: The Secret Life of a Gym Horse](#) by Megan McDonald: A fun and adventurous tale that explores the lives of young athletes and their relationships with their sport and teammates.
- [Becoming a Gymnast: The Ultimate Guide to Gymnastics](#) by Various Authors: An informative book providing young readers with the basics of gymnastics, tips for training, and inspiring stories from famous gymnasts.