

## Objective

By the end of this lesson, you will be able to read and understand a short story about gymnastics.

## Materials and Prep

- Book about gymnastics
- Pen or pencil
- Paper or notebook

## Activities

1. Warm-up: Start by doing some stretching exercises to warm up your body, just like gymnasts do before practice.
2. Read the book: Read the book about gymnastics together. Pay attention to the words and pictures in the book.
3. Discussion: After reading the book, talk about what you learned. What were the main characters doing? What were they wearing? What kind of gymnastics moves did they do?
4. Draw and write: Draw a picture of your favorite gymnastics move and write a sentence or two about it. Use the words you learned from the book.
5. Show and tell: Share your drawing and sentence with someone at home. Explain why you chose that gymnastics move.

## Kindergarten Grade Talking Points

- "Gymnastics is a sport where people do special moves and tricks."
- "Gymnasts practice a lot to get better at their moves."
- "In gymnastics, you can do flips, jumps, and balances."
- "Gymnasts wear special clothes called leotards."
- "Gymnastics is fun and helps us stay strong and flexible."