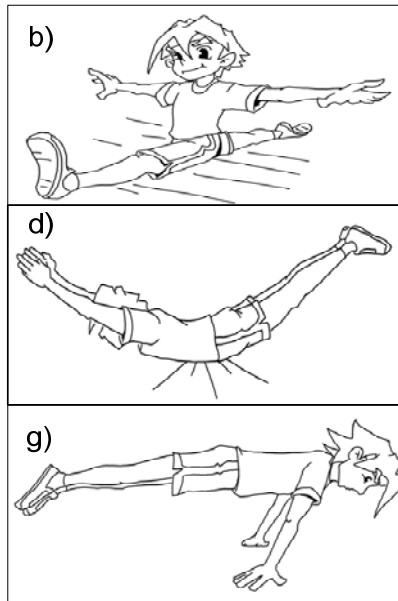
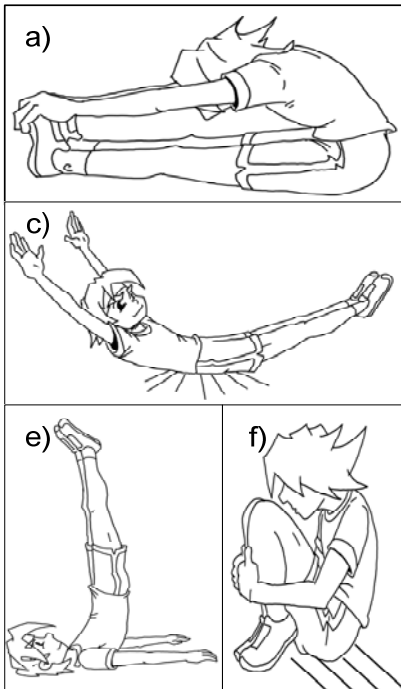


# Gymnastics

**Read the texts about gymnastic exercises (1 to 6) and match them with one of the pictures (a to g).**

- |   |
|---|
| 1. Lie on your stomach with your arms by your ears. Lift your feet while keeping your legs straight, and lift your hands while keeping your arms straight.  |
| 2. Lie on your back on the floor with your arms by your ears. Lift your legs slightly off the ground. Lift your head slightly off the floor. Your lower back should keep contact with the floor.                        |
| 3. In a pike a gymnast is bent only at the hips. Sit on the floor with your legs straight out in front of you.  |
| 4. In a front split one leg is forward, the other leg back. Hips are kept as square as possible.  |
| 5. In a tuck a gymnast is bent at the hips and the knees. Sit on the floor with your legs in front of you. Bend your knees so that your knees are touching your chest and your feet are "tucked" in close to your body. |
| 6. This is a handstand in which the body is parallel with the ground.   |



Text: © IQB      Graphics: © IQB

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>