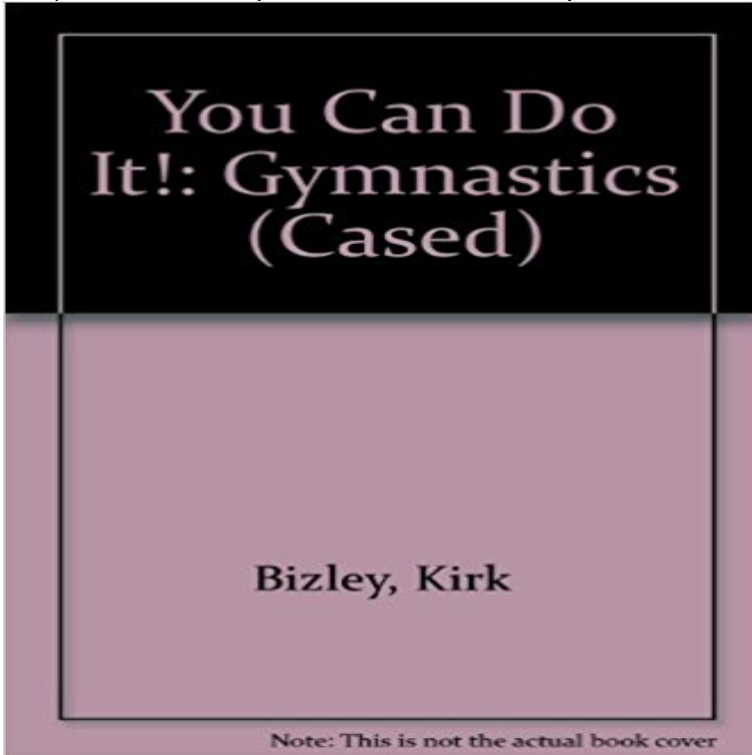


# Gymnastics (You Can Do it!)



A guide to gymnastics for small children, lending support to non-specialist teachers. It encourages safe practice with warm-up and cool-down exercises. There are step-by-step instructions along with colour photographs of children and inspirational shots of famous sports people. In line with the National Curriculum, the You Can Do It! series stresses the value of physical education for language development and understanding, and provides opportunities to reinforce early vocabulary skills. It also seeks to support the science curriculum by teaching children about the human body.

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