



# MY FIRST DAY OF BEGINNER GYMNASTICS



MY GROWN UP MIGHT HAVE TO PARK DOWN THE STREET.

IF SO, I WILL HOLD THEIR HAND AND WALK SAFELY TO THE BUILDING.

WHEN I GET TO THE BUILDING, I MIGHT LIKE TO GO TO THE TOILET BEFORE CLASS STARTS.



I MIGHT WEAR A LEOTARD AND LEGGINGS OR BIKE SHORT WITH MY HAIR TIED BACK.



I MIGHT WEAR SHORTS OR LONG PANTS WITH MY SHIRT TUCKED IN.

I MUST WEAR MY UNIFORM TO GYMNASTICS.



I TAKE MY SHOES AND SOCKS OFF AND PUT THEM IN A LOCKER.



OTHER KIDS MIGHT BE EXCITED AND LOUD IT'S OK TO LET THEM GO FIRST.



MY COACH WILL OPEN THE GATE.  
MY GROWN UP WILL WAIT IN THE VIEWING AREA.





I WILL PUT MY WATER BOTTLE AWAY.  
I MIGHT HAVE MEDICATIONS TO GIVE TO MY COACH.



I WILL BE WITH LOTS OF NEW KIDS AND COACHES.  
IT'S OKAY TO FEEL NERVOUS, I CAN ASK A COACH FOR HELP.



THEN I WILL FIND A WHITE CROSS TO STAND ON.

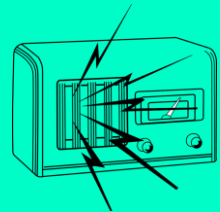




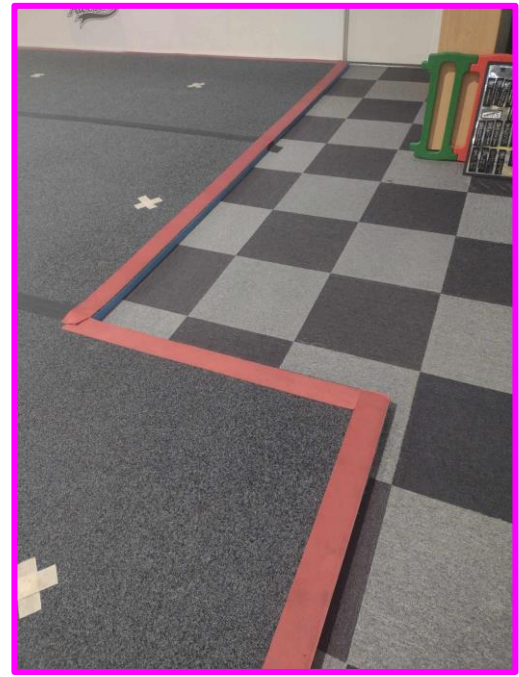
A COACH, OTHER KIDS AND I WILL PLAY A WARM UP GAME.



THEN I WILL COPY A COACH AND STRETCH.  
I MIGHT HEAR SOME LOUD MUSIC.



A COACH WILL ASK EVERYONE TO GET A DRINK OF WATER.



I WILL WAIT FOR MY NAME TO BE CALLED AND LINE UP WITH THE OTHER KIDS IN MY GROUP.

I WILL FOLLOW MY COACH TO THE ACTIVITIES ON THE RED LINES.



MY COACH IS HAPPY WHEN I USE THE RED LINES.  
THERE ARE A LOT OF OTHER KIDS IN THEIR CLASSES AT THE SAME TIME.







MY COACH WILL SHOW ME HOW TO DO AN ACTIVITY.



MY PARTNER AND I WILL TAKE TURNS ON THE ACTIVITY.  
WHEN I AM WAITING FOR MY TURN I WILL STAND ON THE WAITING FEET.

IT'S OKAY TO ASK FOR HELP IF I NEED IT.







AFTER CLASS I WILL COLLECT MY WATER BOTTLE AND MY MEDICATIONS IF I HAVE ANY.  
MY COACH WILL THEN SAY GOODBYE AND TAKE ME TO MY GROWN UP IN THE VIEWING AREA.  
I CAN FEEL PROUD, I HAVE FINISHED MY FIRST BEGINNER GYM CLASS.