



# Gymnastics Improves Bowling Skills:

**Body Awareness:** Gymnastics teaches a child to feel how her body is positioned. This will help her know how to make a good approach and when to release the ball.

**Flexibility:** Gymnastics encourages children to stretch their muscles. Not only do we start our classes with stretching exercises, but many of the skills require a child to challenge the limits of his muscles. Flexibility is important for a good approach when releasing the ball.

**Strength:** Gymnastics builds strong muscles in many ways. Most gymnastics skills require some degree of strength to perform correctly. Each time a skill is performed, muscles are challenged and they grow bigger! Bowling balls are rather heavy. Strong muscles will make them seem a bit lighter.





# Gymnastics Improves Throwing Skills: Baseball Football

**Perseverance:** Children must try most new skills repeatedly before skills are mastered. Cartwheels can take months or years (for younger children) to master. Learning that repetition can bring success is useful because most children will need much practice to master the throwing skills required in baseball and football.

**Body Awareness:** Children must learn how to move their body to successfully complete a skill. Gymnastics teaches children to control many parts of their bodies at the same time to perform a skill. Having good body awareness is helpful in throwing skills, since during a throw, a child must move his feet, hands, arms, hips, etc.,- all in the correct sequence!



# Gymnastics Improves Basketball Skills

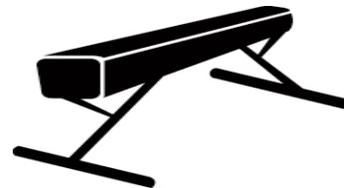


**Jumping:** Gymnastics requires participants to jump! There are skills on every apparatus that require a child to jump. Jumping can be done forward, backward, sideways, while twisting, and even upside down. Jumping is a skill that directly transfers to basketball, since basketball also requires a child to skillfully jump in many challenging situations.

**Running:** Gymnastics teaches children to run. Children must run full speed and then change the energy into a roundoff, a cartwheel, or a jump. In basketball, children must also run and then convert the run to a jump. The hurdle used in gymnastics before a roundoff back handspring is very similar to the way a basketball player sometimes leaps into the air to dunk a ball.

**Balance:** Gymnastics teaches good balance. Balance beam is an entire event devoted to balance. In basketball, children must have good balance to dribble the ball, run, and change directions quickly. Without good balance, a child will fall or continue in a straight line.

**Coordination:** Gymnastics teaches coordination. Gymnastics skills teach children to move various body parts in different ways, at different times, and in the correct sequence very quickly. This is helpful when a child is learning to dribble the ball, run, avoid an opponent, and then shoot the ball.



# Gymnastics Improves Swimming Skills

**Flexibility:** Gymnastics helps children become more flexible. Many skills challenge a child to move her muscles to the limit. Swimming likewise requires a child to have a good range of motion in his arms to make the most of his stroke. A good tuck is also useful when a child does flip turns.

**Strength:** Gymnastics builds strong muscles. While doing gymnastics, a child must support his body in many different ways. He may be hanging or swinging from the bars. He may be holding himself up with his hands in a handstand on the rings. He may be balancing his whole body weight on only his gluteus maximus. Most skills will help children build muscles that are also important for him to use when propelling himself rapidly through the water.

**Jumping:** Gymnastics teaches jumping. Many skills, such as a standing back flip, require a child to have a powerful jump. Swimming races start with a powerful jump off the block or away from the wall.

**Quickness:** Gymnastics teaches children to move quickly. When you think about it, gymnastics is really a series of controlled FALLS! A child must move quickly or she will not land properly. Swimmers must move quickly to reach the other side of the pool first!



# Gymnastics Improves School Skills



**Following Directions**

**Listening Skills**

**Turn Taking**

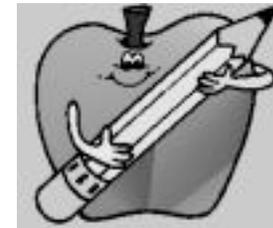
**Forming a Line**

**Doing Tasks in Order**

**Perseverance**

**Cooperation/Teamwork**

**Following Rules**



\*Material provided by World of Gymnastics of Woodstock, Georgia\*