



Head Over Heels About Gymnastics: Floor Skills

Gemma Coles

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The book begins with example warm-ups and stretches, moving on to cover posture and all basic gymnastics shapes, which are instrumental in performing more complex skills. These skills are then covered in the next sections; Jumps, Skills, Rolls and Leaps. Bringing all of these skills together, the book then demonstrates how combined, these skills can be used to create routines. New to this edition is the Judging Sheet enabling the reader to track and record progress. This is a great addition to an already excellent book.

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