

**DDMS P. OBUL REDDY PUBLIC SCHOOL**  
**CLASSES OF II and III – GYMNASTICS (CLUB)**  
**TERM - I NEWSLETTER**  
**2019 - 2020**

Gymnastic is a sport that includes exercise requiring balance, strength, flexibility, agility, coordination and endurance. The movement involved in gymnastics contribute to the development of the arms, legs, shoulders, back, chest and abdominal muscle groups. The children have shown very much interest in learning new steps beginning from level 1.





The skills attained by these beginners for the term 1.

Front roll

Backroll

Flips

Cartwheel

Backward walkover

Bridge walking

Backflip.

Incharge : Ms. Gowri Vege

Coach : Mr.R.Manikanta