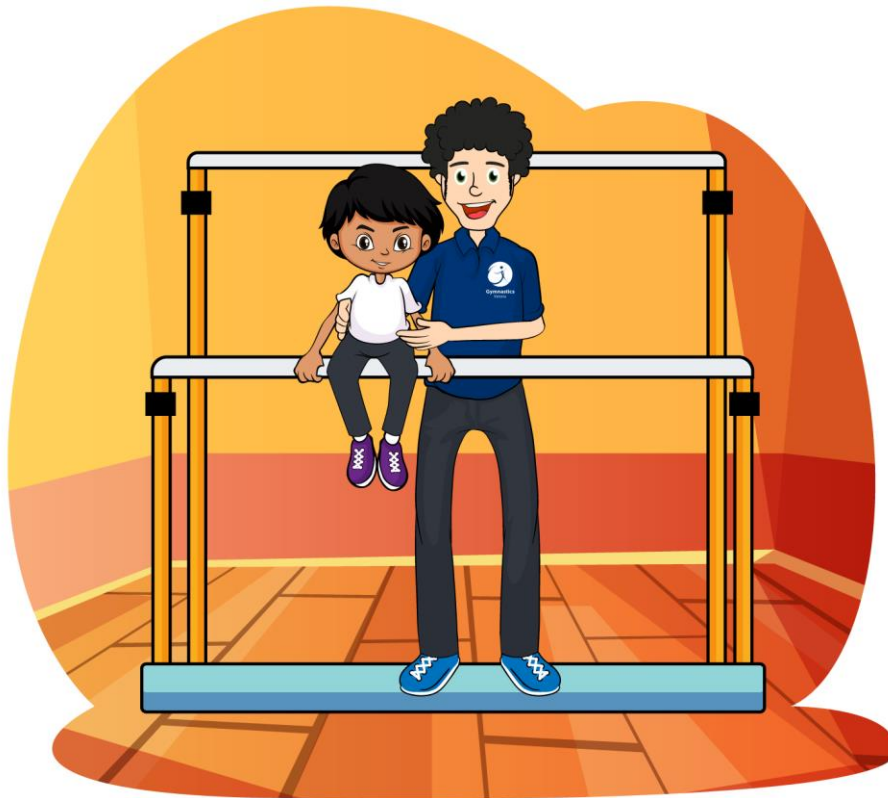
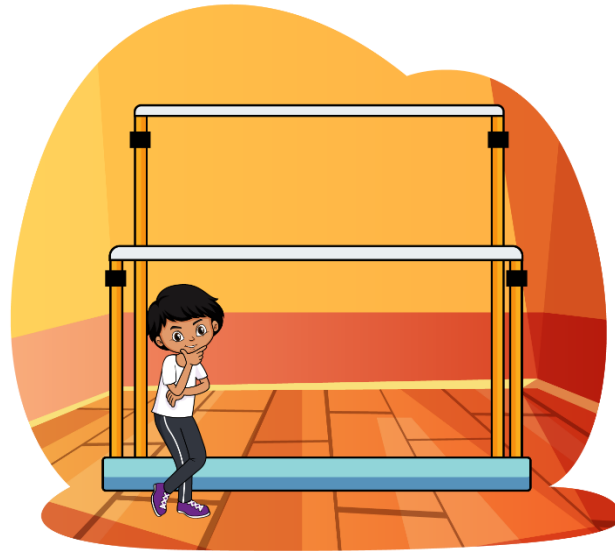


Having a Go

at Gymnastics



Often at gymnastics we are learning new skills and trying new activities.

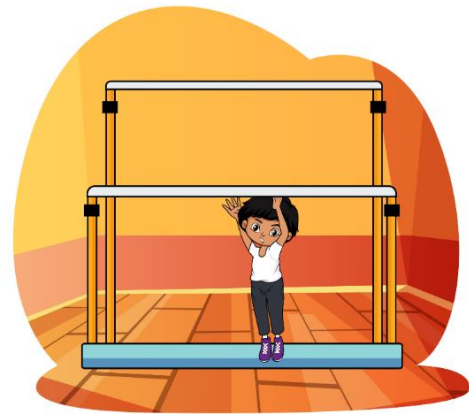


It can be scary to do new things, but it is always good to try and have a go at something new.



When we are trying new activities or learning new skills, we can remember:

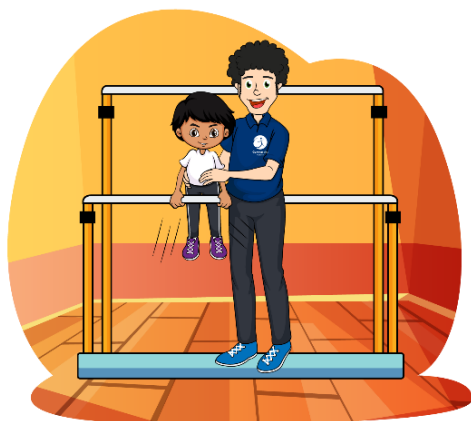
When we have a go at something new, we might make mistakes, and that is ok.



We learn from making mistakes as we know what to change to get better.

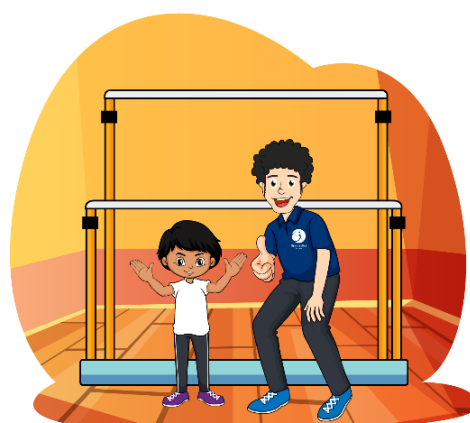


No-one does things perfectly all of the time.



Having a go at new things helps us to learn new skills.

It's ok to make mistakes.



Our coach won't be angry at us if we make mistakes, they will be happy if we give it a go.

Sometimes, we will find it hard when we make mistakes.

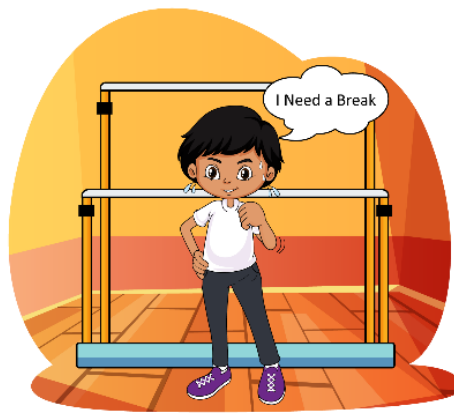
We might feel angry or frustrated when we make a mistake or can't do something perfectly.



When we feel angry or frustrated, we might need to take a break.

We can ask for a break by using:

Our words



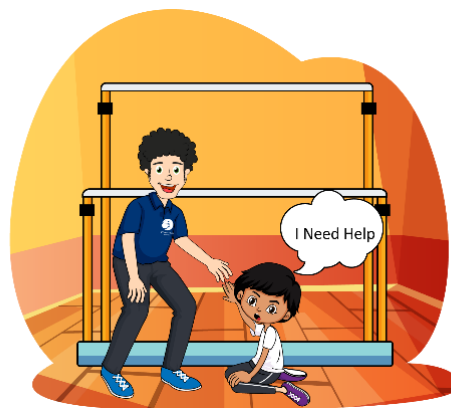
or a picture card.



We might need help when we are learning new skills,
and that is ok.

We can ask for help by using:

Our words



or a picture card.



Sometimes, when we ask for help, our coach will encourage us to have a go on our own first.



This will help us to learn as our coach wants us to be brave and try things on our own before they help us.

Sometimes when we have a go, we realise that we can do it on our own and we don't need help.



Sometimes when we have a go; we still need help and that is ok; as our coach knows what we can do on our own.

