

Meet Great Britain's Junior Gymnastics star Scarlett

Scarlett is a young British gymnast. Watch the video to find out about her sport and her dreams for the future.

Instructions

Do the preparation exercise first. Then watch the video and do the other exercises.

Preparation

Match the definitions (a-j) with the vocabulary (1-10).

Vocabulary

1. ...g... to warm up
2. the vault
3. the bars
4. the beam
5. precise
6. the floor
7. a skill
8. a coach
9. to support each other
10. a championship

Definition

- a. long, thin, straight pieces of metal that gymnasts swing from
- b. very careful and correct
- c. a special surface where gymnasts dance and jump
- d. an object that gymnasts jump over
- e. someone whose job is to teach people to improve at a sport
- f. to help and encourage the other people in a group
- g. ~~to prepare yourself for a physical activity by doing some gentle exercises and stretches~~
- h. a high-level competition to decide who is the best, especially in a sport
- i. a small, thin piece of wood that gymnasts stand and jump on
- j. an ability to do an activity well, because you have practised it

Tasks

Task 1

Circle the best answer.

- When Scarlett goes to the gym, she usually starts by
a. doing her homework b. warming up c. dancing
- You go forwards, backwards or sideways on the
a. vault b. bars c. beam
- Scarlett says her arms hurt on the
a. floor b. beam c. bars
- Scarlett thinks she can show her personality on the
a. vault b. floor c. bars
- When she was younger, Scarlett was afraid on the
a. floor b. vault c. beam
- Scarlett goes to the gymtimes a week.
a. three b. five c. seven
- For Scarlett, the best thing about doing her sport is
a. the coaches and other gymnasts b. beating other girls in competitions c. getting up early to train
- Scarlett wants to compete in theOlympics.
a. 2024 b. 2028 c. 2032

Task 2

Complete the sentences with words from the box.

Championships	have fun	finals	skills	support	precise
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1. Scarlett has to beprecise..... on the beam because it's very small.
2. It takes a lot of time and effort to develop gymnastics
3. The gymnasts alleach other.
4. Scarlett was proud to compete at the British
5. She was in her first floor and beam
6. Scarlett's top tip is to with gymnastics.

Write and draw

Have you ever done gymnastics? What sport do you like? Write about it and draw a picture.

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Answers

Preparation task

1. g
2. d
3. a
4. i
5. b
6. c
7. j
8. e
9. f
10. h

Task 1

1. b
2. a
3. c
4. b
5. c
6. b
7. a
8. b

Task 2

1. precise
2. skills
3. support
4. Championships
5. finals
6. have fun