



Gymnastics

By Catherine Veitch

Capstone Global Library Ltd. Hardback. Book Condition: new. BRAND NEW, Gymnastics, Catherine Veitch, This book is part of a high interest series that looks at activities familiar to very young children who could be hitting major milestones such as learning to swim, ride a bike or catch a ball. This book examines both the physical and social effects of sport, and explores how our bodies perform, such as the role of the heart, lungs and perspiration. It looks at the importance of food, water and exercise for a healthy life. High interest topics and aspirational photos will help to motivate reluctant readers.



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