



Name _____



Choose a specific period in Beth Tweddle's gymnastic career and plan a week-long schedule to help her manage her time. Remember it's important to balance different types of gym training, school or university work and time for relaxing.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							

Becoming an Olympic Gymnast

Learning objective: Use varied structures to shape and organise text coherently