

BASMA BALANCES ON THE BEAM



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Bouncing Back

As Basma walks into the gymnasium,
she hears her friend Ting cheer.

“Basma is back!”

“Coach Leigh said you’d be at this meet!”
Eve says.





“How is **your** ankle sprain?” Ting asks as **the** **teammates** stretch.

“**It** feels better,” Basma says. “But the doctor said I should tape it to be safe.”

“You’re ready to get back
on the balance beam!”

Eve says.

I hope so, Basma thinks.
The beam is her favorite
event—or it was before
she fell off and sprained
her ankle a few weeks ago.





“Today we start on the balance beam,” says Coach Leigh. “Let’s do some warm-ups. Basma, you’re up.”

Basma takes a deep breath.
I can do this, she tells herself.

But as she prepares to mount the beam, she feels nervous. *What if I fall again?* she worries. She places a shaky hand on the beam.



