

**Virtual Reality headsets and how they came to be. By Sebastian Mack**

Virtual reality headsets (Or VR for short) is a piece of technology which allows the player to go into a whole new universe. The most known one being the Metaverse by Facebook. This virtual space can allow you to access apps and games. If it's a business meeting or a fun filled game of paintball you can most likely do it in a VR headset.

unknown by many people. It was 2016 on March 28th a new company along the name of "Oculus" had created a new headset. The Oculus CV1. It wasn't famous or amazing but was okay. Just one month after another headset was released named the HTC vive. One year later a software called SteamVR was released. SteamVR was for the hardware (Like the Oculus CV1 and HTC vive.) This software could be used to run games.

better than the current competitors. The reason why, is that it didn't need a computer nor wires to power. It was an android based headset. Also, before the release of the Quest. A different headset came out called The Valve Index. This was a computer-based headset using SteamVR. This headset was a major graphical upgrade!

It's now 2022. VR is rising in popularity! The Meta Quest 2 (the sequel to the Meta Quest 1) it was theoretically the same except from the fact that it had some graphical upgrades nearly in line with the Valve Index but something was rising up. A company called Pimax had came up. They released a major headset with major graphics. It was in 8K (4K in each eye) this was major but expensive. Another headset came out, it was a micro headset with Oled technology and weighed about the same as a Book. Also, before a lot of this Facebook bought Oculus renaming it Meta later.

**The history of Virtual reality headsets**

The first VR headset was in fact from Nintendo. Its name was the "Virtual boy" released in 21 Jul 1995 people thought that this was the peak of technology but technology could go farther than people expected. There was further back history with headsets but a lot of these things are mostly

**Modernized VR headsets**

VR headsets today are a lot more graphically advanced and better altogether. During the pandemic a VR headset came out called the Oculus quest (Now meta quest) this headset was



# Talk of Tanfield

Summer Edition

**How guitars came to be by Poppy Errington**

The first guitar made was made in the fifteenth century by Christian Frederick Martin. Have you ever thought about how guitars are made or the names of the different types?

**Types of guitars [ according to national-guitaracademy.com]**

A different type of guitar makes it have an affect on the sound. An acoustic guitar has an extra hollow body to amplify the sound. A semi-acoustic guitar is thin and compact and it is not as loud as

acoustic. An electric guitar is soundless if unplugged from its speaker. A Bass guitar is mainly played in Jazz bands. There were also cousins of the guitars like: a mandolin, banjo and ukulele. The weirdest of all is the unusual guitar group; this group is instruments like: a seven-string guitar, a double necked guitar and a ten-string bass.

**How guitars are made [ according to shinemu-sic.com]**

First, you choose a type of wood suitable for your guitar. Secondly, the top and bottom the guitar are cut. Next, sound holes are cut on the guitar. After that, the side are steamed to enable the wood to bend. Then, the wood is dried into shape. After a while, the top, bottom and sides are glued into place. Finally, the strings are attached and you have a guitar.

I hope you will go out there are get



A variety of acoustic guitars.

**Special points of interest:**

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- ✓ Story -page 11 - 14
- ✓ Technology - page 15 & 16
- ✓ Write to the editor page 15

**Did you know**  
Acoustic guitars are the most popular in the world.

## Tanfield Easter Service by Sophia Eilles

Early on Thursday the 7th of April at Tanfield primary, classes from year 3 to year 6 walked to St Margarets church. The choir and readers from each class walked to the church 30 minutes earlier than the rest. They practiced for a while then the other classes started filling the pews. There were many poems and songs that we sang! Here are a few poems and songs we sang and spoke: a poem in year 4 by Skye, Deniz, Maisy-leigh and Isa called I don't like poetry, another poem in year 3 by Logan, Ava, Mollie, Lewis and Frankie, the choir sung the chocolate song and there was another poem called Macavity the cat read by Isabelle Christie, Sophia Thompson, Ellie Couch, Paul Smithson, Logan Dorwood, Marshall Cook, Sophia Eilles in year 6.

We sang many congregational songs such as: Risen, In Christ Alone and Sing Out An Easter Song. Finally, the service ended with a speech from Andrea dart. We all had a nice peaceful walk back to the school and had lunch.

Here Is The Link;

<https://www.youtube.com/watch?v=kn9J2pp6UKc>



Tanfield Lea Community Primary School

Tanfield Lea  
Stanley  
DH9 9LU

Phone : 01207 234500  
@TanfieldPrimary on  
Twitter  
Search 'Tanfield Lea  
Primary' on Youtube

Are you a child interested in writing for Talk of Tanfield?

We are looking for news stories, short stories , hobby ideas, art work, recipes, poems and jokes.

Speak to Seth in 6P or Mr Temple and send him an email on his school email.

## 'Opening Doors, Enriching Lives'

# Technology Section

## The evolution of Adopt-Me pets. By Cole Jagger

Have you ever wondered how pets came into Adopt-Me? Have you ever considered what order they came in? How many robux they cost? The odds of hatching one from an egg? How to obtain one? Read on to discover more.

### Robux pets

There are a huge variety of robux pets in Adopt-Me. Some only cost 250 robux whereas some are up to 1,000 robux. Here are a few:

- Griffon. This amazing pet only costs 600 robux.

- Peacock. This colourful in-game creature is only the low price of 350 robux.

- The final robux pet I am going to tell you about is the most expensive (and now the rarest) Adopt-me pet. The Shadow Dragon! This

pet, which was created by New Fissy (the creator of Adopt-Me) is no longer available to buy but can be obtained via trades. The final thing I want to tell you about this magnificent pet is that it is 2-3 years old and loved a lot by the community.



### First and rare pets

The first ever Adopt-Me pets are the pink cat and the blue dog. Although they are only uncommon (the second worst rarity in the game) they are still extremely rare. These pets were only obtainable for a short amount of time in

the blue egg and the pink egg. The first egg in the gumball machine was the easter egg. There are many other rare eggs. Such as: the jungle egg, the safari egg, the Christmas egg, the aussie egg, the farm egg, the fossil egg, ocean egg and the mythic egg (which just left the game). There are some very rare pets too. Some of my favourites are: the shadow dragon, the frost dragon, the parrot, the crow and the owl. There are also a few boxes which had pets in (a bit like the gifts in game). Such as: the bat box, the rgb box and the Halloween mummy cat box. You can also use robux to get the goldish, the honey pot and the diamond lavender.

### Did you know?

The Christmas egg could only be obtained within the Christmas gift.



## The starting position by Isabelle Christie

I'm sitting on the floor anxiously watching a girl from the elite class do her outstanding floor routine. All of the butterflies in my stomach suddenly feel like they're fluttering around faster than a race car. My face goes red as I see the girls in the class above me pointing at our group of gymnasts.

All the other routines go past my eyes in a blurred flash. Suddenly, my hands are soaked with sweat and my heart is beating faster than a drum. I'm so nervous, two more routines until I go and perform. The adrenaline is pumping through my body so fast I feel as if I'm going to explode. I can't help but feel the urge to run away and hide from the crowd. My whole body feels numb, one more routine to go. My legs won't move I'm frozen with fear. One by one, my body parts begin tingling more than I ever believed something could tingle. Biting my lip in anxiousness, I hear the name of my class boom through the speakers followed by my please enter the floor.

As I walk onto the floor, the crowd erupts with clapping and noise. Everything is becoming so real. The music is playing and I begin my routine as I planned.

## How Baking Came To Be by Ishrat Choudhury

Have you ever wondered why people love baking so much? And how professional bakers produce amazing cakes, pastries and breads? Do you think what's so brilliant about it? Keep on reading to find out more and how they taste so good.

as: hot ones, cold ones, crunchy ones, crispy ones and many more. The main types of cakes are butter cake, short-ened cakes and foam cakes (little or no fat and lots of egg). The types of cookies are: bar, drop, fried, moulded, no-bake, refrigerator-Ice box, rolled and sandwich. You can find ring, filled or even iced doughnuts. Also, the 5 pastry types are shortcrust (pies), filo (spring rolls), choux (profiteroles), flaky and puff.

were made by accident. Yeast was first used by Egyptians. Bread was first made in 600BC in Ancient Greece. Bitty Bakes .com says even after 106 years, fruit cake is still edible. Surprisingly, Scotland is also known as the land of cakes.

### Types of Treats

In Europe, the most popular dessert is tiramisù and the UK people love carrot, red velvet and cheesecake, bread and butter pudding, churros, scones and banoffee pie says deliciousmagazine.co.uk. Other than these desserts, there are over 5 trillion recipes. There are many types of these such

### History

A 14,000 year old crumb shows that ancient times were interested in finding new ways to bake. According to choice.npr.org, chocolate chip cookies which were made before chocolate chips-

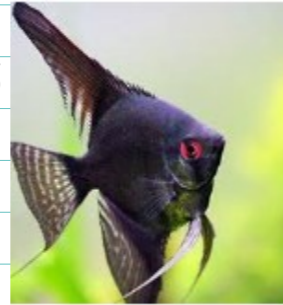


## What Fish Are The Best Looking by Cole Jagger

(HAVE you ever wondered what fish look the best? How to look after them? How much they cost on average? If so carry on reading and you will discover these facts and many more.

### Angel Fish

Angel fish are (in my opinion) one of the coolest fish. These fascinating fish are on average £15- £25 but totally worth it. They can come in many shapes, sizes, colours and fin length. They have a sharp, long dorsal fin along with 3 smaller fins on their bottom half. As well as this, they have a large fin on their back – which has 2 sharp points on either edge. They can range in colours. Some of these colours are: Platinum (an extremely shiny white colour); black (a jet black yet shiny colour which often fades into a shiny silver); zebra (a stripy pattern which can either be white with black stripes or even white with faded grey stripes).



Angel fish have sharp points on their back fin.

### Siamese Fighter Fish



Fighter fish come in many forms and colours.

Behind Angel Fish these amazing fish are super cool. Despite their name, they do not tend to fight unless there are 2 males. These fantastic fish have long, luxurious fins, which often are extremely graceful when they move. They also can come in many forms and colours. Here are just a few: black, white, electric blue, translucent skin, copper, green.

### Guppies

Guppies are extremely cool. Males tend to have longer fins than females. Although they aren't the biggest fish, they still look as cool as a cucumber. Guppies normally come in more than one colour. Most guppies aren't just all one colour most are 2 or more. To get any of these fabulous fish you can go to Lanchester garden. centre or pets at home!



# Story Section

## The Nightmare Before Christmas

It was a dark, windy night on the 24th of December 1981 and the trees were swaying gently in the nights bitter breeze. The town centre was silent and the only thing visible. were the flickering lights the giant Christmas tree. Carla the youngest of three siblings aged 7 was tossing and turning in the thick woollen duvet finding it impossible to find a comfy resting position. 3 minutes had past and Carla was still squirming across her old metal framed double bed; she looked at the ceiling and gritted her teeth in frustration.

Quickly, she sat up and stared into the shadows of her pale white curtains she raised an eyebrow while three loud knocks tapped on the window she froze still as Carla thought someone was trying to get through her window. Hesitantly, she got up and grasped her doll as a small weapon then she made her way to the curtains. Now she was at the window, and her hands started shaking with fear Carla pushed through the pain and hauled her curtains to the side only to find that her window was wide open. Carla tried to control her breathing but she couldn't help it she felt as if she was going to faint. The only thing she could now was get some fresh air into her lungs so Carla clambered through her window, went through the window and sat on the old garage roof.

Suddenly, a strong gust of wind lifted her forward and

caused her to trip. Quickly, Carla stumbled to the edge of the roof, trying to steady herself she swatted her arms back and forth and leaned backwards. Now, Carla was standing in the glistening gutter of the garage and all of a sudden, the gutter started severely drooping down. Carla's breathing was worsening by the second and she could feel at any moment she was going to black out but she couldn't let herself so that so she peeled open her eyes begging her body to stay conscious. Suddenly without warning, the old, plastic snapped in two which left Carla falling at least 9ft! Grasping for air, Carla screamed her older sisters name, "Vicky hllppp!" Carla hit the floor with a loud crash while banging her little head hard against the concrete driveway making her fall non-conscious. As the night went on Carla still lay motionless on the frosty driveway no one realised she was gone not even passers by noticed her. It was morning now and the town-tower struck 8am.

As it was Christmas day now Carla's mum went to wake her up so that she could open her presents but all she found was an empty bed and an open window. Carla's mum shirked in horror as she looked out of the window to see her youngest daughter sprawled out non-conscious on the driveway. Jenifer (Carla's mum) ran down stairs as fast as lightning to get to her daughter but she couldn't pick her up alone so she shouted for her

oldest daughter Vicky who was 17 for help. Vicky sprinted outside to her little sister carried inside. Finally after 10 minutes they were able to get Carla inside and get her lying down on the dusty old sofa. The whole family (Jenifer aka mum Ethan aka dad Vicky aka older sister and Jake aka other older sibling) waited patiently for her to drink her warm soup and after two hours she finally woke up and began slowly drinking her soup. It is currently boxing day ( the day after Christmas day) and Carla was herself at last she was leaping and jumping all over while she opened she presents as happy as can be.

By Isabelle c



## The Wonderland Well by Sophia Eilles

On July the 21st 2019, Jenna and Mike Carson moved house. Jenna was Mike's sister and they were both 11. They moved house with their mum (Stacy Carson). Stacy Carson was a beautiful young adult that had just moved to the middle of nowhere in a country side. They had a gargantuan garden with a flower bed and loads of trees. Out the corner of Jenna's eye, she saw an old broken-down well with a bucket on string hovering above.

Jenna announced, "I can see a well over there!" Mike and Stacy turned their heads and looked. They stared at the well like it was an old piece of a wall crumbling at the minute.

"It's very broken-down." Mike exclaimed.

"I know but I want to go and check it out!" Jenna replied. This young explorer ran to the well and Mike followed her. They looked down at the string as it ran down the continuous wall. Jenna found some old, crooked ladders that ran all the way down the well.

"I want to go down the well and explore!" she exclaimed. Soon the sky grew dark and it was hard for Jenna and Mike to see the well.

"It's too dark now!" Mike replied with a sigh. It was getting really late and they both had to go inside. During the night, the young girl couldn't stop thinking about the well she had seen earlier. This 12-year-old was woken up the next morning by a bird humming. She went to her brothers' room and opened the wooden, unstable door.

"Wake up Mike!" Jenna screamed in her brothers' ear.

"I'm up!" he replied with a groan. They both got dressed and ate some breakfast. Quickly, this imaginative child ran to the transparent patio door and swung it open. She sprinted to the well as fast as her legs would run. The girl was so eager to look inside.

"I'm going to climb inside." Jenna exclaimed.

"No, you're not!" Mike bellowed back with an angry face. Before Mike could stop her, she was already half way down the well. Mike didn't want to leave his sister so he followed her down the well. Without warning, the ladder started to creak.

"I'm regretting my decision!" yelled Mike while looking down at the dirt and rocks that were laid on the floor down below.

"It will be fine!" replied Jenna. Suddenly, the ladder started to wobble. Scared, these siblings started to tip. Crashing down, the old, wooden ladders collapsed. Surrounded in dust, the two sat up and looked at the blue sky. The world they were in was unreal! It had rare animals and colourful plants. A lovely smelling aroma was in the air. The light illuminated the ground below. The two stared at the beautiful scenery and wandered around for a while.

"This is beautiful!" stuttered Jenna.

"I know!" Mike replied with a grin. Their next adventure awaits.

By Sophia Eilles

## How swag bags came to be by Sophia Eilles

Have you ever wondered where swag bags came from? Swag bags came from movie or story 'the Highwayman'. This page includes: the size and shape of the swag bag, the amount of time it takes and some simple instructions. Read on to discover more.

### Size and shape

The size of a swag bag can be any particular size! A smaller bag can hold less but takes only a short amount of time. On the other hand, more immense size bags take a longer period of time but fit more items in. The shape of the bag is most likely to be a rectangular shape but it could also be a circular shape.

### Amount of time it takes.

Making a swag bag can take a different amount of time depending on the size. Personally, I think it would take a couple of weeks. When I made my swag bag, I took a couple of weeks because I only had a certain amount of time. It could take hours, days or even weeks.

### Instructions

- First, you get two pieces of material (your choice of colour).
- Next, you sew them together but leave one side open.
- Then, you add a decoration (a string, button) this is optional.
- Finally, you test it by putting objects in it. Enjoy!



You can also get your own swag bag made from [swagbagco.com](http://swagbagco.com) or get one made by a year 6 for half price! Another option is to ask Mrs MacDonald (a swag bag professional from Tanfield Lea) to make you one! Swag bags can be for any occasion like shopping, a wedding going for dinner and much more! Enjoy!

## Tanfield Talk

Tanfield lea Community Primary school is my school. It has many kind, helpful staff. You talk to Mr Mansfield when you are worried. You could be on school dinners or pack lunch. Outside there is a cage and a big area. At lunch you can have out the 'toys'; bikes, scooters, crates and you are aloud down the willow but you must have wellies. Opening Doors, Enriching Lives. Preschool, reception, year 1, 2, 3, 4, 5 and 6 are permitted to this school. The teachers are very helpful when you are struggling. Don't be scared to ask for help.

By Brody, 5M

## The Industrial Revolution by Morgan Armstrong

The Industrial Revolution was a period of time where factory's became more relevant and inventors invented many things. Have you ever wondered what was invented/what happened in the Industrial Revolution. Read on to discover your questions.

invented bridges especially the high-level bridge in Newcastle this also helped to transport things/people; also steam trains could cross them.

### Fun facts:

From a young age, George Stephenson was interested in machinery. At the age of 8 George Stephenson herded cows; then worked in the mines. The light bulb was made from carbonated paper filaments (the part that burns inside a light bulb). Robert Stephenson was George Stephenson's son. The Industrial Revolution was all the way from 1760-1840.



### What was invented?

A man called George Stephenson invented the first public steam train. This made it a lot easier to transport food, newspapers and other goods it also made transport a lot easier. Joseph Swan invented the first cheap light bulb. There were other light bulbs but they were very expensive to make. Robert Stephenson

# Story Section

## Tanfield's Worst Storm by Morgan Armstrong

Specks of rain where heavily bouncing on the window. The sound of water was dripping like tap that needs fixing. As the wind got stronger and stronger. Trees getting ripped from their roots. While this was happening the children of Tanfield Lea Primary school where in their class room.

learned a colossal amount of information. when it was time to leave, we all packed our bags and went to leave. But we couldn't. Everywhere was flooded and large were floating down road or should I say downstream. Nobody could get out of school. I looked the windows and the water was so high it was smashing off the school walls like waves. Then suddenly the doors of the school burst open with the pressure and with rapid pace the school started to fill up with water.

straight for it. Then Mr Barclay and Mr Henderson grabbed some straws from the kitchen. They started to suck up all the water. The water was gone and then Mr Henderson got his hair dryer out and dried up all of Tanfield lea. We all then went home.

### The end

By Morgan Armstrong

"what do we need to put on this line graph?" asked Mr Patterson of 6P.

"Do we need to join the line graph up?" suggested Joe.

"No not yet but close," replied Mr Patterson.

"I think we need to but two numbers along the side," exclaimed Cole.

" Yes good Cole." rewarded Mr Patterson.

As the day continued, my class of 6P

Joe tried to board up the doors but he floated away and it was a great sadness but we had to stop the water. Cole tried to use buckets but there was too much water; he gave up. When Mr Patterson noticed his Sponge Bob toy had floated away, he went



## How the titanic ended up sinking

The Titanic sank due to an iceberg on 15th April 1912 on her maiden voyage from Southampton to New York. It was the largest ship of that time. Have you ever wondered why it sank? Read on to discover more.

### Construction:

The titanic was built in the Harland and Wolf shipyard in Belfast. They ordered the ship in 1908 and construction started in 1909. The ship was designed to be a luxury ship capable of crossing the Atlantic. Many wealthy people travelled on the ship. The ship was also quite safe (that's why they called it unsinkable even though it was sinkable). It was safe but the ship didn't carry enough lifeboats, which meant that the Titanic only had enough for half the passengers.

### The Journey:

The captain was Captain Edward Smith. Fun fact: this was his last voyage before retiring. They left on April 10th and had 2 stops along the way. These stops were at Cherbourg, France and Queenstown, Ireland. On the way, they received 6 warnings about icebergs. Despite receiving many warnings, they decided to go at full speed.

### The sinking:

It was 11.40pm. The Titanic was on its way to NYC when Frederick Fleet (A White star line crew member) spotted an iceberg. He called the bridge and shouted, "Iceberg right ahead!" They tried to turn but by that time it was too late. They struck the starboard side of the ship. After assessing the damage, they knew the Ti-

tanic would sink and ordered an abandon ship. When lifeboats were launched, they were only half full. From 2.10am to 2.15am the rate of sinking increased. The stern almost reached a vertical angle! A few minutes later, the hull got too stressed and broke in half. However, the double bottom at the base of the ship was still connected. After that, the stern floated for a few minutes until the double bottom broke and the stern sank to the bottom of the Icy Atlantic.

If you want know more then you could head to Titanic Belfast in Ireland or The Titanic Exhibition in Canada Water, London.

By Riley Graham



## How did ballet come to be? By Rosie Downie

Ballet became popular in the 15-16th century. The first ever ballet performance was called ballet des polonais and it was staged in 1573. Ballet was mostly for royal entertainment. It spread from Italy to France and then it was popular in different places around the world. Ballet was invented by Italians.

### How do ballerinas prep their pointe shoes?

- First you crack the sole until it makes a large cracking noise
- Then you rip off the sole in the inside and replace it with a comfier alternative
- Sew on extra ribbon if necessary



Pointe shoes

### How do ballerinas do moves like: spins, leaps and pointe?

#### Twirls

- Go on pointe and spin on the box and try not to get too dizzy

#### Pointe

- Stand on the top of your toes on the box on the inside of your pointe shoes and if your toes start to hurt use toe pads to help and you can make them yourself using strong tape

#### Leaps

- If you don't want to go too high, get a small run up and if you want to go high get a big run up

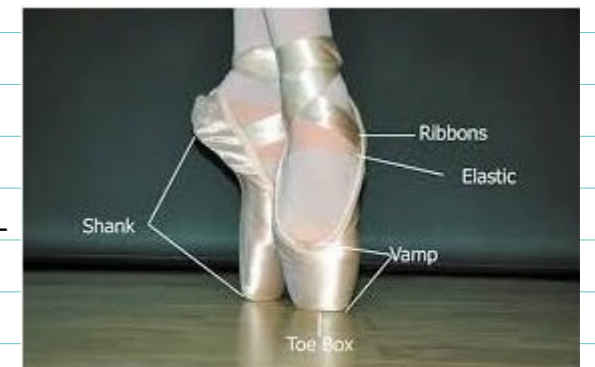
### How to tie pointe shoes

- First, make a cross across your ankle and finally tie a bow at the back and make-sure there is no loose ribbon in-case you fall. Also, pointe shoes are made from silk in

many different colours on the outside of the shoe

### How to learn ballet (for beginners)

- Start off with a mat and a pole on a wall/ or a door handle and do small starting poses and you can find virtual lessons online or you can get real life lessons



Pointe shoes diagram

## The Evolution of Footballs by Noah Reed

Have you ever wondered how footballs are made and how they have changed over the years? Football is one of the most popular sports on the planet. Read on to discover more about them.

were blown up by someone blowing in the nozzle. These were invented in 1836. In 1885, footballs became rubber.

separate panels. The ball is 65 percent recyclable and has a cubic appearance with black and grey squares made up to

### Modern Footballs (Adidas Telstar 2018.)

The Telstar, the World Cup ball in the 2018 tournament held in Russia, (one of the most famous footballs ever made) is made of 32



make an unforgettable ball design.

### Football in the 20th century.

At first, footballs were made with a pig or sheep's bladder and they

## Why You Should Join A Running Club by Leah Peel

Have you ever wondered how people could be so happy and health just by running? There are many different things that running can help with. Sometimes its to clear your mind but other times, its just for fun. Are there any other good things about joining a running club? This report includes: why running is a good idea, DVTR and how you can join a running club.

few reasons on why you should join a running club are: Running helps you keep fit by exercising your muscles, you can on fun and messy trails and it help clear your mind after a hard day. If you want to join a club locally, there are a few sites that can give you tips of near-by locations. According to active.com, you can also socialize with other runners during runs (which is good for your mental health). Another reason on why you should join a running club is that you can spend time away from your devices and running makes you feel good.

It's on Tuesdays and gives people from 7+ years a good amount of time to run and have fun. Sometimes the runners run in a big group but other times, they have a faster or more confident group that do a little bit extra and go on a bit of a harder group. There is also many fun yet difficult trails. As well as this, at the end of every run, 3 trophies are awarded to 3 children that stood out; 1 adult gets the bigger trophy. The club is run by many leaders that help the children out. If you would like to join DVTR, you can contact @DVTRrunners or a leader such as Paul Boyle.

### Why is it healthy to join a running club

While running can be tricky, it is extremely healthy and fun. A



### DVTR

DVTR (Derwent valley trail runners) is a running club located in Dipton that begins at 18:30pm and ends at 17:30pm.

By Leah P.

## How Gymnastic Floor Routines Came To Be A Thing by Isabelle Christie

Have you ever wondered why gymnastics floor routines are actually a real thing? And how gymnasts make everything look so flawlessly easy and swift. Well just keep on reading to find out more information on gymnastic floor routines and moves that are used frequently.

### Strategies

Did you know that all gymnasts across the world have to do at least 2 minutes of stretching before doing any gymnastics at all? This is because you need to warm up all you muscles before doing anything drastic so that you don't tear or tweak any of them while doing skills. Another important thing to do while doing gymnastics is learning how to protect mainly your neck and head while doing flips and tricks because if something goes wrong you really don't want to break any bones.

### Interesting facts

According to the website [www.wonderopolis](http://www.wonderopolis) Gymnastics came to be a thing around the 1800s, at the time there were only three types of gymnastics however now there are seven. While doing gymnastics your body warm up a lot, so eventually the skills can become easier as your muscles are becoming warmer and more relaxed. As well as this as your muscles get warmer you will become more flexible. There are many different levels of gymnastics some of the ones I know are: beginners, progress, intermediate, advanced, elite and Olympic.

