

GYMNASTICS

1) Forward roll

- *Stand facing forward, with feet together
- *Squat and place the hands on the mat, shoulder-width apart.
- *Tuck the chin to the chest and make a rounded back.
- *Push off with the hands and feet.
- *Roll forward to the feet, and stand up.

2) Backward roll

- *In a crouched position, put both hands by the ears with the fingers pointing at the shoulders, palms facing up.
- *Sit down rapidly, bringing the knees to the chest for a tuck.
- *Roll completely over backwards, while pushing with the arms.
- *Land on your feet; stand up.

3) Cartwheel

- *Stand in a “lunge”: your “favorite” leg in front, knee bent slightly, arms up by your ears.
- *Assuming you are right-handed, reach forward with your right arm, kicking your left leg up as you do so.
- *Follow with the left hand. As it touches the ground, lift the right leg off the ground.
- *Left leg should reach the mat 1st, followed by the right which you will place in back, finishing in a lunge as you started, but with the opposite leg in front.
- *The trick to this skill is “hand, hand, foot, foot” and getting through vertical (you should pass through a straddle handstand briefly).

4) Three-point balance (on head only-head stand-, or with knees on elbows)

- *Start with a squat position on the mat.
- *Put hands on the mat, shoulder-length apart.
- *Put top of the head at a point slightly ahead of the hands, as to make a “triangle” between your hands and your head.
- *Lift hips up, and put your knees on your elbows.
- *To make a head stand, slowly lift legs up from the position described above.

5) Vault jumping (Approach)

- *Take a running start.
- *Jump on the trampoline with 2 feet.
- *Put your hands on the horse or vault.
- *Keep your elbows locked.
- *Lift hips higher than head. Follow with any jump (straddle, crouched, legs to the side, etc.)