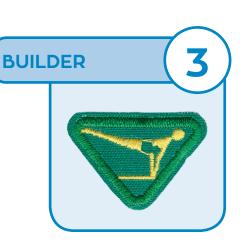
## **Gymnast**

- **1.** Complete the Fitness Fun award.
- **2.** Perform at least five different warm-ups.
- **3.** Lead out in warm-ups and stretches at the start of three classes.
- **4.** Be able to do seven of the following movements and practice to improve:
  - **a.** Backward roll
  - **b.** Cartwheel
  - **c.** Backbend
  - **d.** Backward stretch straddle roll
  - **e.** Dive roll
  - **f.** Headstand
  - **g.** Handstand
  - **h.** Beam walk
  - i. Forward straddle roll
- **5.** Participate in an exercise program.



## Helps

- **2.** Ideal warm-ups for children: skip, hop, jumping jacks, animal walks (elephant, crab, kangaroo, frog, bunny).
- **3.** Have each child lead out in three warm-up sessions with jumping jacks, jogging in place, skipping, jumping rope, etc. Lie down, tighten all muscles, and hold (squeeze your fanny). Stretches: legs, back, wrists, hands, ankles (rotate in circles), head (lean from side to side and hold).
- **5.** Positions: stretch/lay out, pike, tuck. Regarding the movements:
  - **a.** For safety, make sure your hands are placed on the floor by your shoulders when you perform a backward roll.
  - **b.** Keep arms and legs straight, fingers toward each other.
  - **c.** Stand and slowly lean backward, lowering hands to the floor. Back bridge: push up from the floor. Back bend: from a standing position, slowly arch back until hands touch the floor.
  - **d.** From a standing position, lean back placing hands between legs. As you roll, hands go to the shoulders, as in a back roll, and end in a straddle stretch.
  - **e.** Practice dive rolls, staying tightly tucked for safety.
  - **f.** From a three-point frog stand, slowly raise legs to a straight position.
  - **g.** From a standing straddle position, place hands between legs with fingers facing forward, tuck head, and roll. Hands push off the floor and end with a standing stretch.
  - **h.** Walk on a "beam," touching foot to knee each time you step.
  - **I.** Execute a handstand, kicking up and down by yourself. Practice with a spotter until you can do handstands alone.
    - Some youngsters will be more limber and will find gymnastics easier than others. Make it fun and praise their efforts. Have an adult spotter nearby to minimize injuries.