

HOW DID THEY DO THAT?



Strength

Flexibility



Balance

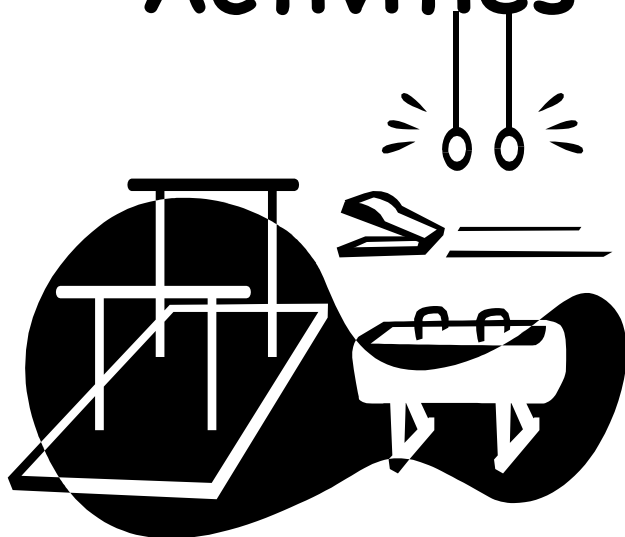


Come Find Out!

GYMNASTICS I-IV



Activities We Will Do



EVERYTHING!

...Balance Beam...High Bar...Vault

Uneven Bars...Pommel Horse...

Stunts...Floor Exercise...Still Rings...

Parallel Bars...

Skills We Will Experience

Uneven Bars & High Bar

Female Skill Assessments:
Front Support, Bar Whip, Cast, Back Hip Circle, Leg Cut, Mill Circle, Sole Circle, Back Pull Over Single Leg Shoot Through, Glide Kip

Male Skill Assessments:
Front Support, Cast, Back Hip Circle, Swing, Kip

Beam & Parallel Bars

Female Skill Assessments:

Mounts (squat on, wolf, straddle), Pivot, Arabesque, Chasse, Side Scale, Leap, Sissone, Forward Roll, Back Shoulder Roll, Dismounts (Straight Jump, Carwheel, Roundoff, Toe Touch)

Male Skill Assessments:

Front Uprise, Back Uprise, Dips, L-Hold, Shoulder Roll, Shoulder Stand, Rear Dismount

Still Rings & Pommel Horse

Male Skill Assessments (Still Rings): Inverted Hang, Inverted Pike, Skin the Cat, Inlocate, Dislocate, Swing, Tuck Dismount

(Pommel Horse): Leg Cut Forward, Leg Cut Backwards, Single Leg Circle, travel

Floor

Skill Assessments:

Rolls, tripod, headstand, handstand, frt & bck walkover, cartwheels, roundoffs, back handsprings, standing tucks, leaps, jumps, pirouettes, pivots, skill connections

Stunts

Skill Assessments:

Partner work, stunts with 3 people, 4 people, 5 people, 6 people, 1/2 the class VS 1/2 the class, full class challenges, creative discoveries in groups

If you choose to **NOT** have your student videotaped/photographed for scholastic purposes please sign below and return to your student's teacher.

Student Name: _____ Student Signature: _____

Guardian Name: _____ Guardian Signature: _____