

# GYMNASTICS

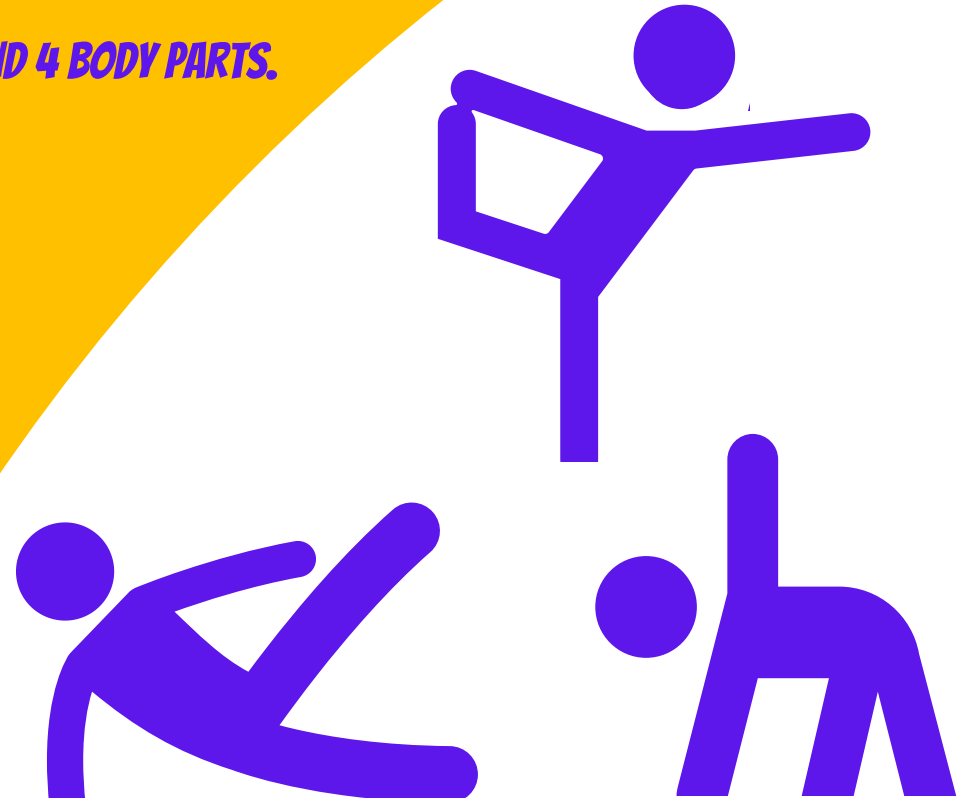


## OBJECTIVES

- ★ *MOVE AROUND WITH BALANCE AND GRACE.*
- ★ *BALANCE USING 2, 3 AND 4 BODY PARTS.*

## INSTRUCTIONS

- ✔ *ENSURE THAT THE WORKING AREA IS LARGE ENOUGH TO MOVE AROUND IN.*
- ✔ *START BY WALKING AROUND THE ROOM AND EVERY 5 SECONDS STAND STILL AND BALANCE ON ONE LEG. AFTER A FEW PRACTISES START USING TWO PARTS OF THE BODY TO BALANCE, THEN 3 AND 4.*
- ✔ *YOU CAN USE HANDS, ARMS, BACK, BOTTOM, FEET AND KNEES WHEN BALANCING.*



## CHANGE IT UP



*CAN YOU PROGRESS ONTO USING 5 OR 6 OR 7 BODY PARTS?*

*BALANCE WHILST KEEPING ALL BODY PARTS STRAIGHT.*

*DO NOT USE CERTAIN PARTS OF THE BODY WHEN BALANCING.*