

Gymnastics challenge

- Make up a gymnastics routine on grass, soft floor or a mat!
- Must choose one action from the jump and balance categories then the rest from the skills category.
- Beginner **5** moves
- Intermediate **7** moves
- Advanced **10** moves (2 jumps & 2 balances)
- Expert **12** moves (2 Jumps & 2 balances)

Jumps

Tuck
Straight
star
Straddle
Pike
Split
Half turn
Full turn

Balances

One leg up (knee up)
One leg to side
Arabesque (see pic)
Headstand
Shoulder balance
Y-balance

Skills

Forward roll
Forward roll straddle
Teddy bear roll
Backwards roll
Handstand or handstand f/roll
Tucked handstand
Cartwheel or 2 connected
Bridge or bridge kick over
Splits
Walkover (front or back)
Round off

