
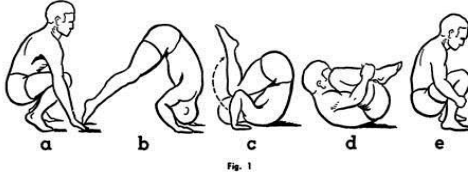








Activity Plan for Gymnastics

Week 1			
Activity	How many or how long	How many days	Instructions
Log Roll (also called a Pencil Roll) 	Once each direction	3 days/wk	<p>To do a log roll you lie down on the floor with your body as long as possible (legs straight, arms straight over your head). Start on your back and then roll over to your stomach and then keep turning until you end up on your back again. That's one log roll. Try to do as many in a row as you can without getting dizzy, up to 10. See if you can roll in a straight line (it's harder to stay in a straight line than it seems). When you have done as many as you can in a row, do as many as you can going back in the other direction.</p>
Forward Roll	10 times	3 days/wk	<p>Try to do a forward roll. Start by standing with your feet together. Bend your legs so are crouched down low and your hands are on the floor in front of your feet. Gradually start to straighten your legs while you keep your head close to your feet (like you are going upside down). Gently bend your arms until your head is resting on the floor. Tuck your chin close to your chest so that the back of your head is touching the floor between your hands. Keep your chin tucked tight into your chest, as you straighten your legs more until you roll onto your back. Keep your knees pulled in tight to your chest and keep rolling until you get back to your feet and can stand up.</p>  <p style="text-align: center; font-size: small;">Fig. 1</p>



Activity Plan for Gymnastics

Week 2			
Activity	How many or how long	How many days	Instructions
Upside Down on Your Hands	2 minutes	Total for the week	<p>See if your arms are strong enough to hold you up. Stand with your back to a wall that doesn't have any pictures on it (so you can put your feet on the wall without hurting anything). Bend down forward and put both hands on the floor. Then try to walk your feet up the wall so that only your hands and arms are touching the floor. Be sure to check with your parents to make sure it's okay to use the wall this way. See how long you can keep your feet off of the ground before your arms get tired. When you want to stop, walk your feet back down to the ground. Be sure to stop before your arms get so tired that they can't hold you up any more.</p> 
Giraffe Walk 	Once	3 days/wk	<p>Walk on your tippy-toes as far as you can go without letting your heels touch the ground. See if you can walk on your tippy toes all the way to the park that's right near your house.</p>
Gymnastics Cartwheel 	5 mins/day	3 times/wk	<p>Gymnastics can be a really fun and challenging sport. Cartwheels are one exercise that takes some practice before you can do it really well. Check out "Gymnastics Progressions Cartwheel" (Gymnastics Progressions Cartwheel.doc) for tips on how to do a cartwheel before you start to practice on your own!</p>


Activity Plan for Gymnastics

Week 3			
Activity	How many or how long	How many days	Instructions
Gymnastic Poses	5 poses/day	3 days/wk	<p>Gymnasts have to show that they have good balance. To do that, they will pose in several different positions. Try each of the following three poses and see if you can stay in the position until you slowly count to 20.</p> <p>1) Stork Stand – Stand up straight with your arms straight out to the side at shoulder height. Lift one leg off the ground and put the bottom of your foot on the side of your knee.</p>  <p>2) Knee Scale – Get down on the ground on your hands and knees. Then stretch one leg out straight behind you and lift your foot as high as possible so that your knee is off of the ground.</p>  <p>3) Arabesque – Stand on one foot and lift the other leg straight out behind you and as high as you can without letting your body fall over forward.</p>  <p>After you have tried each of these three poses, make up two more of your own.</p>

Activity Plan for Gymnastics

<p>Handstand on the wall</p> 	5 times/day	3 days/wk	<p>Start to learn a handstand by doing the same thing that you did in the second week. Stand with your back to a wall and then bend forward and put both hands on the floor. Practice going upside down on your hands by walking your feet all the way up the wall so that your whole body is straight up and down in the air and only your hands and arms are touching the floor. Remember to check with your parents to make sure it's okay to use the wall this way. See if you can keep your feet off of the ground while you slowly count to 10 and then walk your feet back down to the ground.</p>
<p>Headstand</p> 	5 times/day	3 days/wk	<p>Try to do a headstand. Start in a crouch with your knees bent. Put your knees apart so that both arms are in between your knees. Lean forward and put your forehead on the floor so that your forehead is the point of a triangle and your two hands are the bottom of the triangle on the floor. Slowly lean more on your forehead so that you can lift your feet off of the floor and lean your knees against your elbows. This position is called the tripod. If you can do the tripod while you slowly count to 5, try to slowly straighten your legs over your head. If you start to fall over towards your back, curl your chin to your chest and curl your back so that you do a forward roll onto the floor instead of falling on your back.</p>

Activity Plan for Gymnastics

Week 4			
Activity	How many or how long	How many days	Instructions
Handstand 	10 times	Total for the week	Start to learn a handstand by doing the same thing that you did in Week 2 to go upside down on your hands. Stand with your back to a wall and then bend forward and put both hands on the floor. The difference is that this time you should try to walk your feet all the way up the wall so that your whole body is straight up and down in the air and only your hands and arms are touching the floor. Remember to check with your parents to make sure it's okay to use the wall this way. See if you can keep your feet off of the ground while you slowly count to 10 and then walk your feet back down to the ground.