

Gymnastics Progression: Cartwheel



- (1) Pick which side of your body you will lead with by stepping forward.
- (2) Start with both hands above your head (Reach for the Sky!).
- (3) Lead with your comfortable leg by stepping forward while stretching for the ground with first your lead side arm and then the next.
- (4) Your arms support your weight while your lead leg gives you the momentum to flip over. Your lead leg lands last.
- (5) Strike a pose! You did it!

