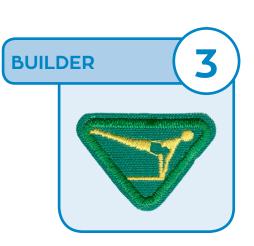


Gymnast

- **1.** Complete the Fitness Fun award.
- **2.** Perform at least five different warm-ups.
- **3.** Lead out in warm-ups and stretches at the start of three classes.
- **4.** Be able to do five of the following movements and practice to improve:
 - **a.** Forward roll
 - **b.** Cartwheel
 - c. Backbend/Back Bridge
 - **d.** Dive roll
 - e. Headstand
 - **f.** Handstand
 - **g.** Beam walk
 - **h.** Forward straddle roll
- **5.** Participate in a gymnastics demonstration.



Helps

- **2.** Ideal warm-ups for children: skip, hop, jumping jacks, animal walks (elephant, crab, kangaroo, frog, bunny).
- **3.** Have each child lead out in three warm-up sessions with jumping jacks, jogging in place, skipping, jumping rope, etc. Lie down, tighten all muscles, and hold (squeeze your fanny). Stretches: legs, back, wrists, hands, ankles (rotate in circles), head (lean from side to side and hold).
- **5.** Positions: stretch/lay out, pike, tuck. Regarding the movements:
 - **a.** For safety, make sure your hands are placed on the floor by your shoulders when you perform a forward roll.
 - **b.** Keep arms and legs straight, fingers toward each other.
 - **c.** Stand and slowly lean backward, lowering hands to the floor. Back bridge: push up from the floor. Back bend: from a standing position, slowly arch back until hands touch the floor.
 - **d.** Practice dive rolls, staying tightly tucked for safety.
 - **e.** From a three-point frog stand, slowly raise legs to a straight position.
 - **f.** From a standing straddle position, place hands between legs with fingers facing forward, tuck head, and roll. Hands push off the floor and end with a standing stretch.
 - **g.** Walk on a "beam," touching foot to knee each time you step.
 - **h.** Execute a handstand, kicking up and down by yourself. Practice with a spotter until you can do handstands alone.
 - Some youngsters will be more limber and will find gymnastics easier than others. Make it fun and praise their efforts. Have an adult spotter nearby to minimize injuries.

Leader's Note: The adventurer must be accompanied by an experienced instructor at all times. Safety information will be given by the instructor. The instructor will teach what is required in this award.