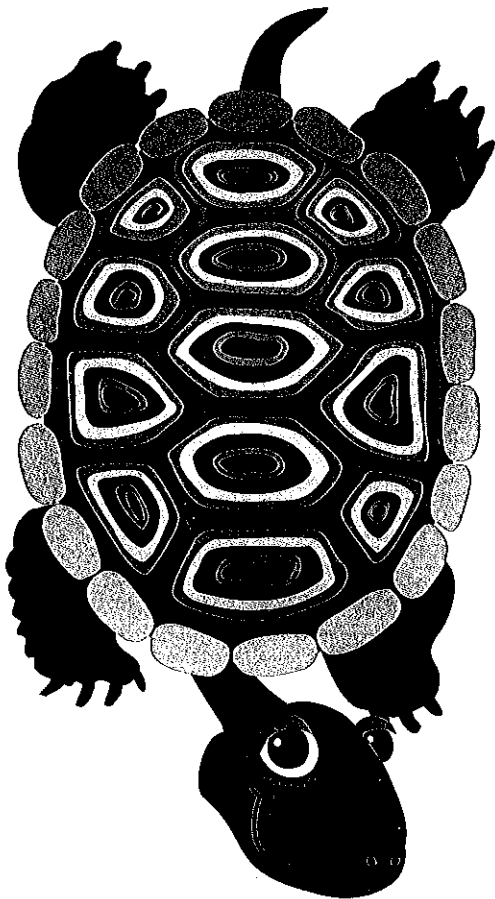
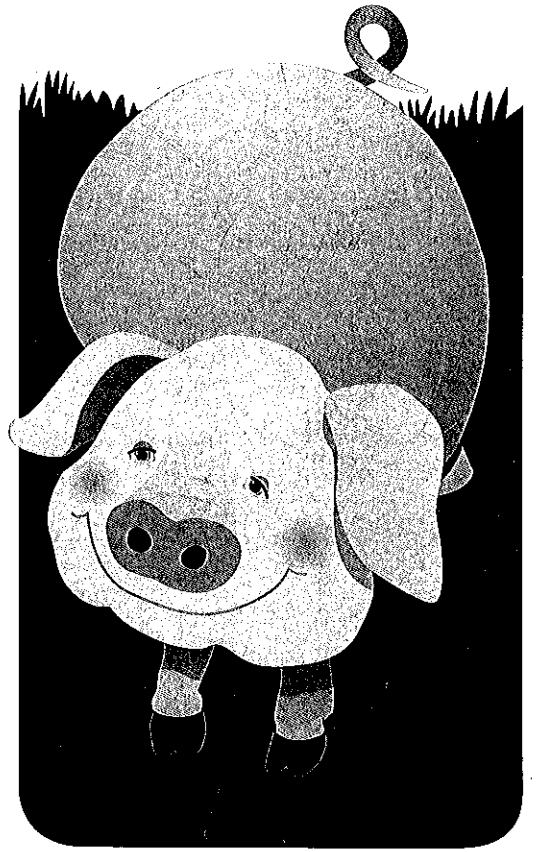
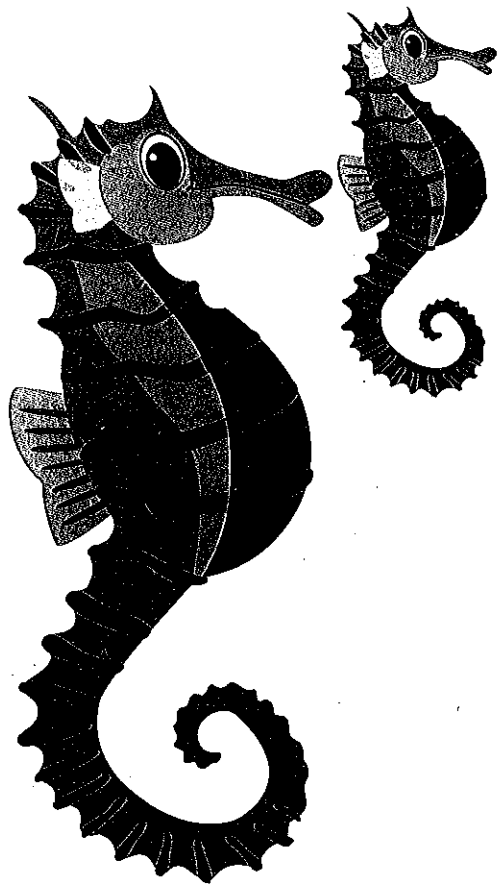


Clothspin
number
match

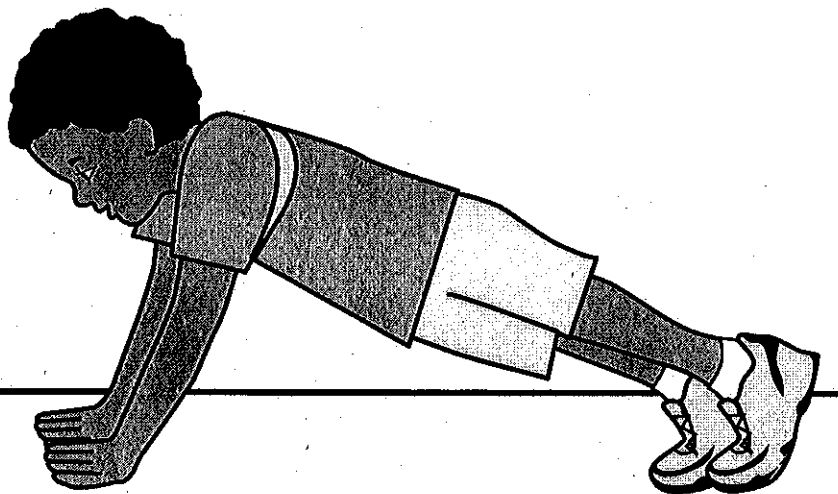
1-10





Front Support

- ★ Get into a push-up position with straight arms and a straight back.
- ★ Keep your legs together and your eyes looking straight down.

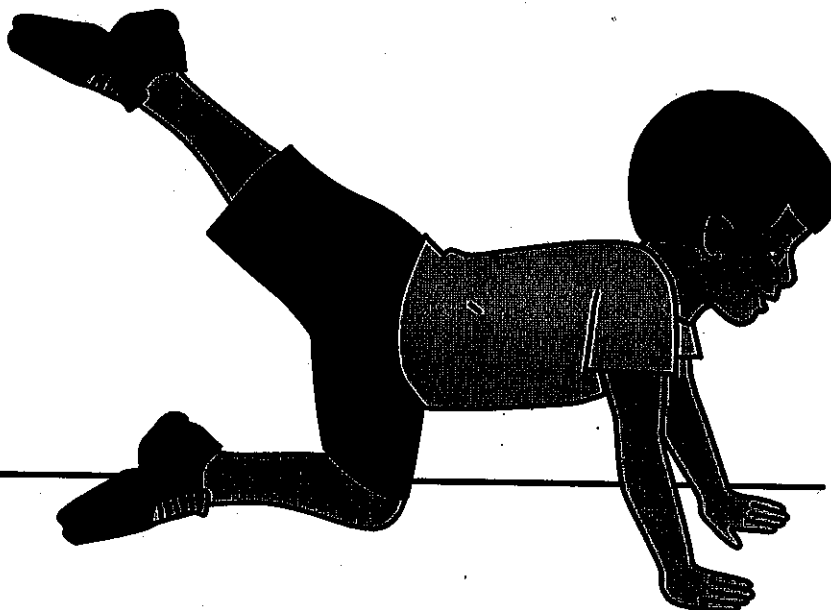


BALANCE, STUNTS, AND TUMBLING

BODY POSITIONS AND SUPPORTS

Knee Scale

- ★ Balance on both knees and place your hands on the mat.
- ★ Lift 1 leg straight back. Hold your pose.
- ★ Switch legs and try it again. Which is easier?



BALANCE, STUNTS, AND TUMBLING

STATIC BALANCES

Forward Balance

- ★ Stand and lift your arms out to the sides.
- ★ Keep one leg straight (don't bend at the knee), raise the other leg straight in front of you. Hold your pose.
- ★ Can you balance on the other leg, too?

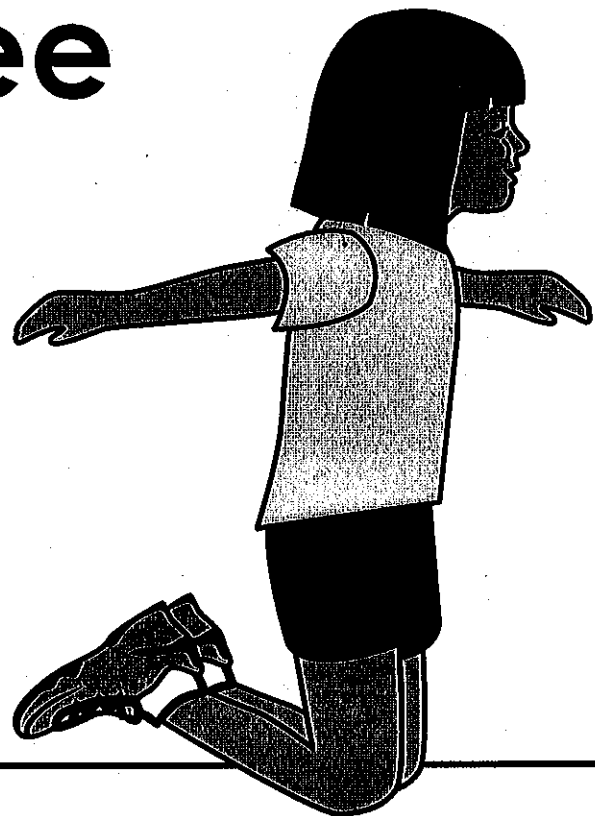


BALANCE, STUNTS, AND TUMBLING

STATIC BALANCES

Double-Knee Balance

- ★ Kneel on both knees; point your feet behind you.
- ★ Lift both feet off of the ground and balance on your knees.
- ★ Can you hold it for a count of 5?

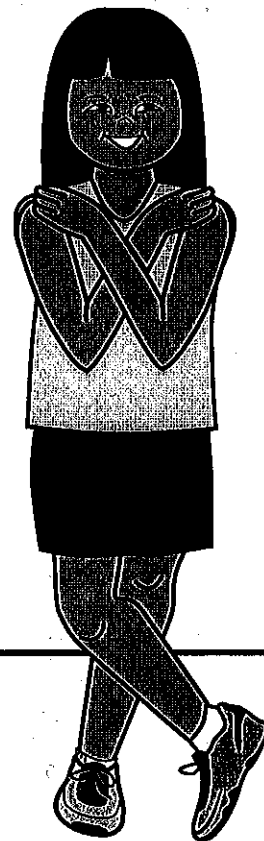


BALANCE, STUNTS, AND TUMBLING

STATIC BALANCES

Kimbo Stand

- ★ Stand with your L foot flat on the ground.
- ★ Cross your R leg over the L until the R foot is pointed down and your toe is touching the ground.
- ★ Can you hold it for a count of 5?



BALANCE, STUNTS, AND TUMBLING

STATIC BALANCES

Tripod

- ★ Kneel on the mat and place hands and head in a small triangle.
- ★ Lean forward and lift both knees onto elbows.

(A mat is required for this stunt. Drawing a triangle on the mat with chalk is a helpful visual aid.)

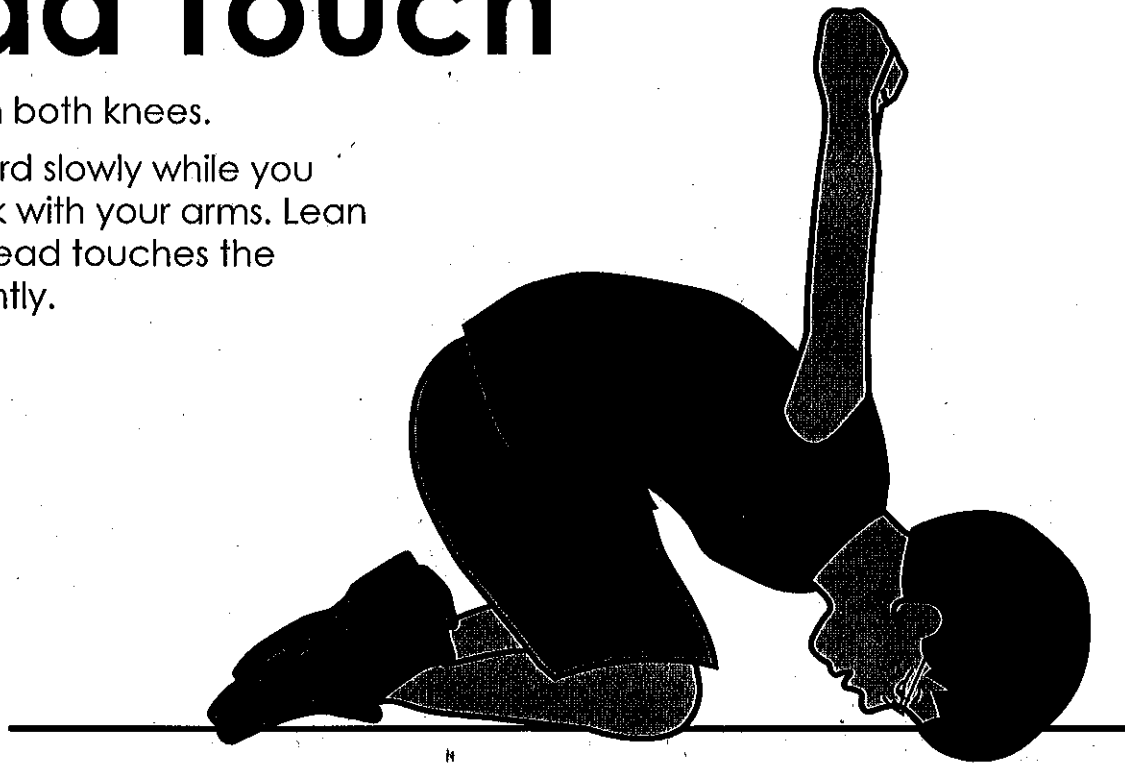


BALANCE, STUNTS, AND TUMBLING

STATIC BALANCES

Head Touch

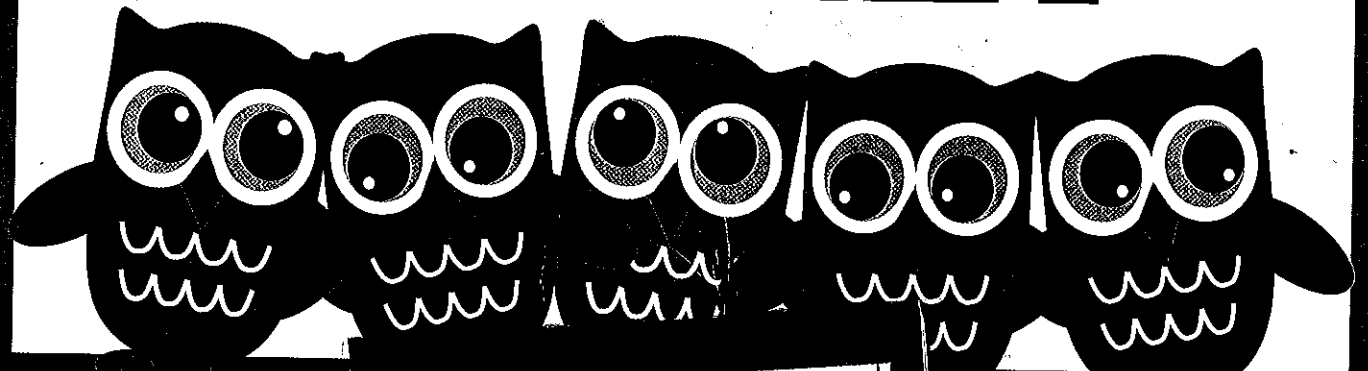
- ★ Balance on both knees.
- ★ Lean forward slowly while you reach back with your arms. Lean until your head touches the ground gently.



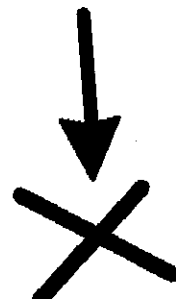
BALANCE, STUNTS, AND TUMBLING

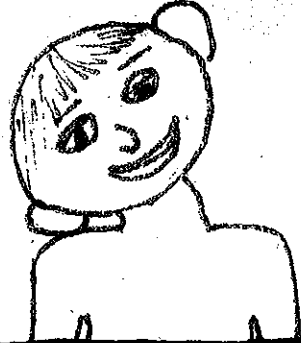
STATIC BALANCES

**LINE UP
HERE!**

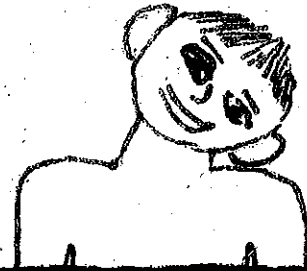


Here





Look up



Look down



Roll your shoulders



Reach up, pat your back and grab your elbow



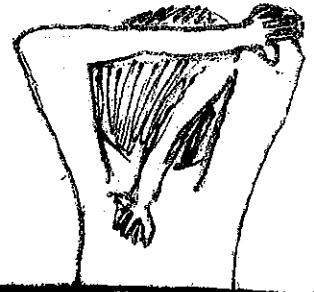
Swat



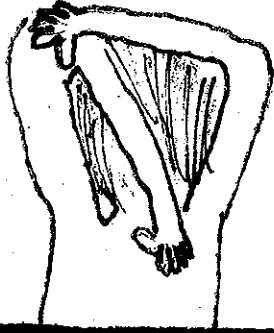
Shake your arms



hug yourself



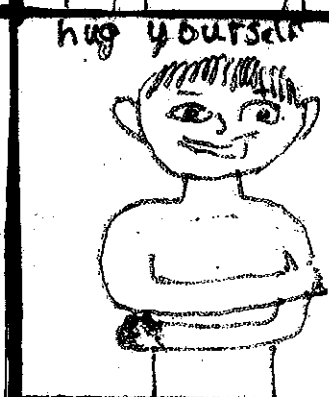
Keep legs straight bend over and touch your toes



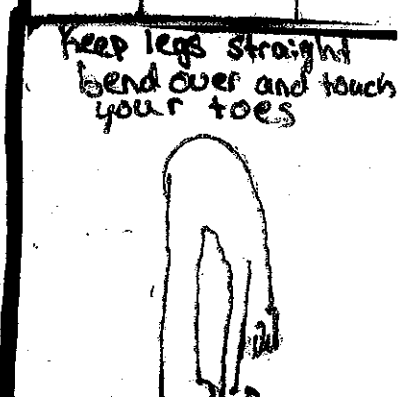
Downward Facing Dog
have hands away from feet. Keep heels on the floor



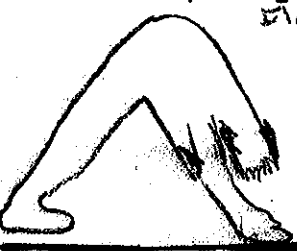
Sit, bottoms of your feet together head down



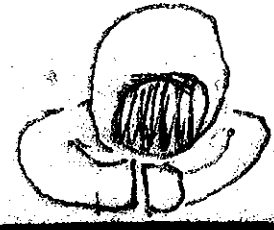
Legs in a V grab your right foot, head down



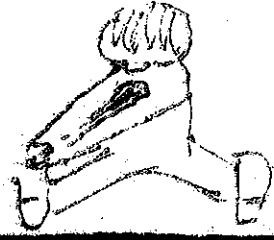
grab both feet head down



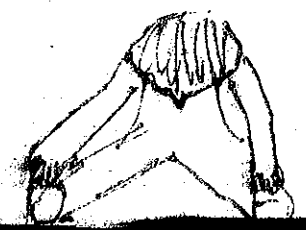
grab left foot head down



Bicycle
hands back - pedal your feet



"handle bars"
Keep pedaling but put hands near feet



hands up

