



GREEN LEVEL GYMNASTICS TO GO

Skills to practice on a line. Try using masking tape or chalk.

Preparing for turns on beam:

Start in a lunge with the same arm as front foot curved in front of you and your other arm out to the side. Pull the back foot up to passé and arms in 5th position over your head. Finish by stepping your bent leg forward. Try it on your other leg. To make it harder rise up into relevé when you go into the passé and try to balance for 2-3 seconds before stepping forward.



Cartwheels and cartwheel Step-in:

Perfect that cartwheel by doing it on a line. Be sure that your hips start and finish square, facing your front foot. Cartwheel step-ins are also a great drill to get you a better roundoff. Instead of landing in a lunge, the foot that would land in back pulls in next to your other foot, with your arms up.



Power hurdles:

Start standing at the end of your line and put a pillow down in front of you. Jump over the pillow into your hurdle. Your feet should land on the line. Try moving the pillow out farther or add a cartwheel.

