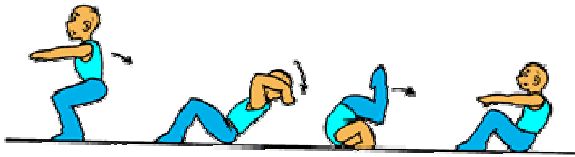


GYMNASTICS



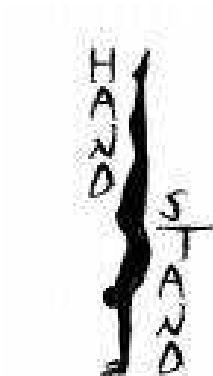
Forward roll: start in a squat, put your chin to your chest, roll over your “rounded” back, do not use your hands to stand up.



Backwards roll: squat down, put your chin to your chest, roll backwards, take both feet to one side, bend your neck.



Shoulderstand: Lay down on your back, pull up your whole body and hold your waist with both hands. Hold the position with high tension in your muscles



Hand stand



Head stand

Hand stand: lock your elbows, put both hands on the floor and with one leg straight, thrust it up and try to get both legs straight over your head.

Head stand:put the top part of your head on the ground and your hands near your head with your arms bent. Thrust your legs and body up and keep them straight. It’s easier than a hand stand since you have 3 supports on the floor (head and two arms)



GYMNASTICS

PHYSICAL EDUCATION



Cartwell: same position at the beginning and at the end.

Start with your hands up and feet apart. Bend to one side and put one hand down and then the next hand in the same line. You will be upside down with your legs open. Then put one foot down and the next foot, in the same line as before.

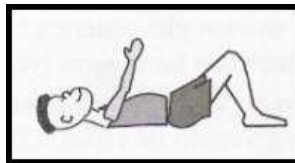


Bridge: Kneel on the floor. Bend back with your arms over your head. Keep your knees bent and your arms straight over your head and on the ground. Be careful with your back...You must warm up very well before doing this exercise.

Other basic positions in Gymnastics and Acrobatics



On all fours



Lying down