

OUTDOORS

Gymnastics

You will need:

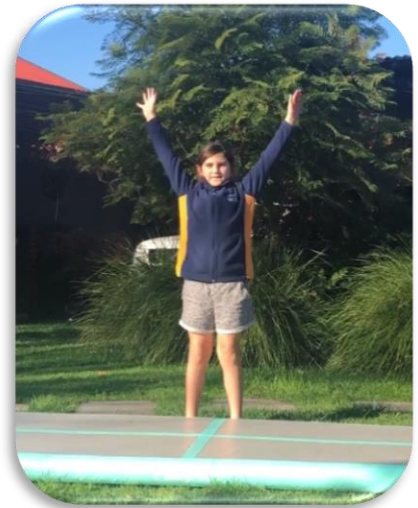
- Mat/mattress (for safety)
- Wear loose and comfortable clothing

Safety first!

- Set up your mat or mattress somewhere with no obstacles nearby
- Let an adult know what you're doing
- Remember that practice makes perfect 😊

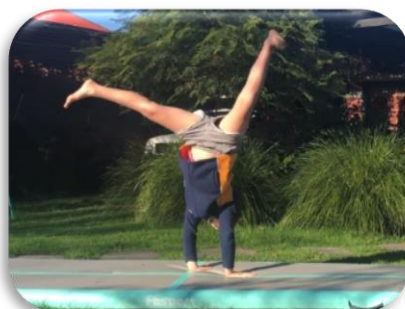
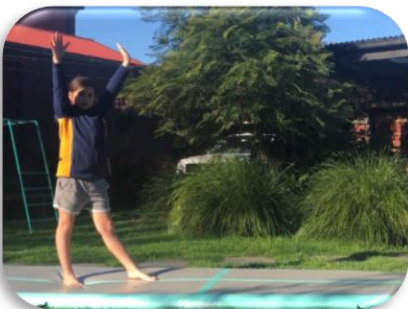
Warm up: Start with some stretches to warm up. This will make the other tricks easier, and protect your muscles.

1. Arm swings
2. Seal stretch
3. Butterfly legs
4. Touch your toes



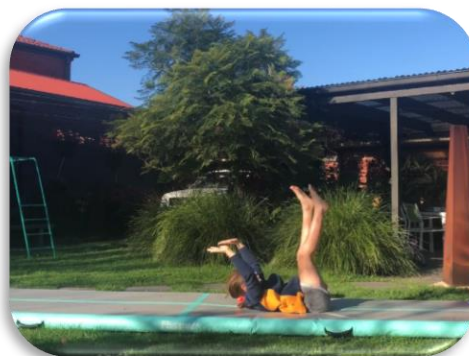
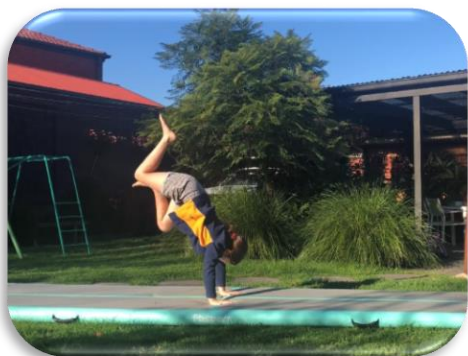
Cartwheel

- Put one foot forward (this will be the leg you launch with)
- Raise arms in the air to present
- Place the other foot back
- Lower arms to the ground as you lift your back leg, and spring yourself over to the other side



Handstand Roll

- Put one foot forward as you lower both arms to the ground
- With both hands on the ground, kick your legs up into the air
- Instead of lowering back to your feet, allow yourself to go forwards into a roll



Splits

- Kneel down, then place one leg in front of you into a lunge position
- Stretch out that front leg as much as you can
- Slide forward, lowering yourself to the ground, and extend your back leg out behind you

