



## GYMNASTICS



### Safety

- no jewellery
- proper gym strip (no buckles, buttons, zippers)
- tie hair back
- proper footwear (socks, bare feet) depending on apparatus
- always have a spotter
- no fooling around
- spotters pay attention
- check equipment before using (mats in place?)

### Body Positions

#### Tuck



#### Pike



#### Straddle



#### Layout



### Rotations – 3 possible axes – vertical (V), horizontal (H), medial (M)

- rolls (forward, backward, log)
- cartwheel, round off
- handspring, walkover

### Springs - Leaps & Jumps

- tuck, straddle, pike, layout jumps
- stag leap
- cat leap
- dive roll

### Balances – held for 3 seconds minimum

- head stand, hand stand
- tripod, teddy bear stand
- scale (front, back & knee)
- bridge
- V-sit