



Gymnast

Originated in: GC

## Requirements

1. Have the Fitness Fun Award.
2. Perform at least five different warm-ups. Be able to lead warm-ups and stretches at the start of a class.
3. Practice making a high jump. Record the best of four.
4. Practice making a long jump. Record the best of four.
5. Run 50 meters in ten seconds.
6. Do the following:
  - a. Backward roll
  - b. Cartwheel
  - c. Back bend
  - d. Backward straddle roll
  - e. Dive roll
  - f. Head stand
  - g. Forward straddle roll
  - h. Beam walk
  - i. Handstand

## Supporting Answers

1. Adventurers must have completed the requirements for the Fitness Fun Award before they begin this award. All gymnastic activities must be closely supervised by an adult.
2. Ideal warm-ups for children include skipping, hopping, jumping jacks, animal walks (elephant, crab, kangaroo, frog, bunny), jogging in place, jumping rope, etc. Have each child lead a warm-up session. Stretch legs, back, wrists, hands, ankles (rotate in circles), head (lean from side to side and hold).
3. Record the best of four.
4. Record the best of four.
5. Use a stopwatch or a watch with a second hand to measure the time.
6. Positions: stretch/layout, pike, tuck. Regarding the movements:
  - a. For safety, make sure your hands are placed on the floor by your shoulders when you perform a backward roll.
  - b. Keep arms and legs straight, fingers toward each other.
  - c. Stand and slowly lean backward, lowering hands to the floor. Back bridge: Push up from the floor. Backbend: From a standing position, slowly arch back until hands touch the floor.
  - d. From a standing straddle position, lean back placing hands between legs, as you roll hands go to shoulders, as in a back roll, and end in straddle stretch.
  - e. Practice dive rolls, staying tightly tucked for safety.
  - f. From a three-point frog stand, slowly raise legs to a straight position.
  - g. From a standing straddle, position place hands between legs with fingers facing forward, tuck head and roll. Hands push off the floor and end with a standing stretch.
  - h. Walk on a balance beam, touching foot to knee each time you step.
  - i. Execute a handstand, kicking up and down by yourself. Practice with a spotter until you can do handstands alone.

Keep in mind that some youngsters will find gymnastics easier than others. Make it fun and praise their efforts. Have an adult “spotter” nearby to avoid injuries.

Updated in: 1996 / Grade 3