

Gymnastics



<u>Key words</u>		
Routine	Fluency	Control
Balance	Movement	Safety
Roll	Floor	Linking
landing	Mirror/match	
vault	cartwheel	handstand

Handstand

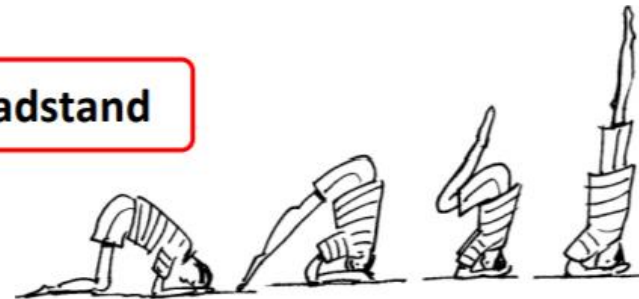


Shoulder Stand

Forward Roll



Headstand



Cartwheel



Backward Roll



Can you develop a paired routine including the following gymnastic moves?

- 2 different rolls
- 3 different balances
- Connecting moves (i.e. turns, jumps)
- Use of mirror and matching
- Use of levels and changes in speed

What apparatus could you use?