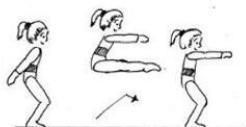


# Year 8 Gymnastics



## Jumps



Pike

Star



Straight



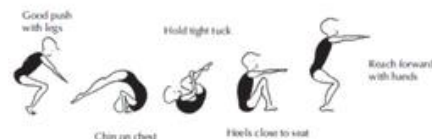
Straddle



### Key words:

- Body tension
- Body extension
- Counter balance
- Linking movements
- Speed
- Levels

## FORWARD ROLL



### Teddy Bear Roll

- sitting position with legs astride
- hold lower leg/ankles
- lower to side, placing shoulder/side of body on the floor
- roll across back and sit up facing the opposite direction
- maintain legs astride position through out the roll
- leg extension and body tension

### Log roll

- full extension of the body
- hands and feet lifted – dish shape
- body tension throughout the move
- initiate the roll from the hips

## BACKWARD ROLL

