
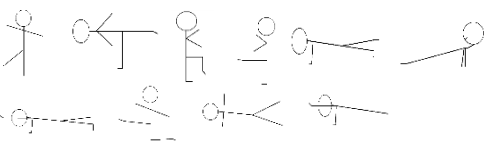
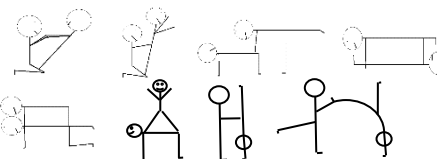


Creating a Gymnastics Routine

<p>Choose a starting position.</p>  <p>Compliment and contrast your starting position. Incorporate equipment into your starting position.</p>	<p>Choose a linking movement...</p> <ul style="list-style-type: none"> - Teddy bear roll - Forward roll - Cartwheel - Log roll - Leap - Chasse - Side roll 	<p>Choose an individual balance....</p>  <p>Compliment and contrast your Individual balances Incorporate equipment into your individual balances</p>	<p>Choose a different linking movement...</p> <ul style="list-style-type: none"> - Teddy bear roll - Forward roll - Cartwheel - Log roll - Leap - Chasse - Side roll - Round off
<p>Choose a pair balance....</p>  <p>Compliment and contrast your pair balances Incorporate equipment into your pair balances</p>	<p>Choose a different linking movement...</p> <ul style="list-style-type: none"> - Teddy bear roll - Forward roll - Cartwheel - Log roll - Leap - Chasse - Side roll - Round off 	<p>Add a dynamic movement</p> <ul style="list-style-type: none"> - Straight Jump - Straddle Jump - Pike Jump - Half twist - Full twist - Leap - Catleap 	<p>Evaluate Performance</p> <p>What went well? How can they make it better?</p>

FORWARD ROLL



Balances



BACKWARD ROLL

