

# **Tumblebear Gymnastics presents**

# **UPSIDE DOWN WEEK**

The week of May 7, 2018

Exploring Gymnastics with Inverted Skills & Props

**Introduction:** The students go through a cardio warm up this week following the visual & verbal prompts from our instructors.

**Tumbling:** The students worked last week on using a springboard to bounce up into their handstands. This week they will be working those **HANDSTANDS** with the assistance of a wall with an incline propped up against it. They will then use their agility to step into elevated hoops without knocking them down. We are going upside down to work our hand eye coordination (this can be super tricky!), practicing pony kicks & we're even starting to learn how to do a tripod! **CARTWHEELS** are stepping up a notch this week as the students will attempt to perform them without the aide of poly hands and feet place markers. We're really excited for our students to take this leap.

**Equipment:** On a **WIDE BALANCE BEAM**, the kids will be trying **FORWARD ROLLS!** It's always a great accomplishment to be able to perform the skill and land on the beam without falling off. They will also work solo to balance on a balance board while inverted, execute an inverted pike on a balance beam & practice animal walks. For added excitement, the kids will work on their foot-eye coordination as well as balance at the same time. They get to kick inverted cones off of the beam as they walk down before performing a half turn dismount.

**Ending Activity:** **Backward Ball Roll!** We're getting flip turned upside down as the students will have to roll a ball backward between their legs to their friends. This is another **AMAZING** balance and coordination activity where the students have a blast playing.