

Tumblebear Gymnastics presents

UPSIDE DOWN WEEK 2

The week of August 20, 2018

Continuing to Explore Gymnastics with Inverted Skills & Props

Introduction: Upside Down Positions! The students will use their creativity and imagination to invert their positions and perform them upside down with the assistance of the instructors.

Tumbling: The kids have been working hard at their handstands and this week will improve them even farther. The students will start with teacher assisted WHEELBARROWS. As the instructor holds their feet they will walk on their hands down the length of a mat. They will continue to attempt TRIPODS and they will work on HOLLOW BODIES & ARCHES this week (your kids may call them supermans & bananas). They will also work on lengthening their CARTWHEELS this week with the assistance of visual aides.

Equipment: On the BARS they will put their coordination to the test with a fun game of CATCH THE PIG. They will grasp the bar and swing with a bucket squeezed between their feet. As they are performing their GLIDE SWING they will drop the bucket on top of a bean bag pig before swinging back. They will then work on LEG UPS or INVERTED STRADDLE HANGS (depending on ability) as they bring their legs up to the bar from a hanging position. For their self sufficient activities, they will travel across upside down buckets or pyramids, play catch with themselves, balance on a board & perform a toe scale.

Ending Activity: Backward Over Under - they will follow the instructions of their teacher to either pass the ball over their heads or through their legs to the person behind them in line.