

GYMNASTICS. LEARNING CUES.

Can you describe the skills matching the sentence with the wright skill phase. They are not in order so...pay attention.

1.- ROLL FORWARD

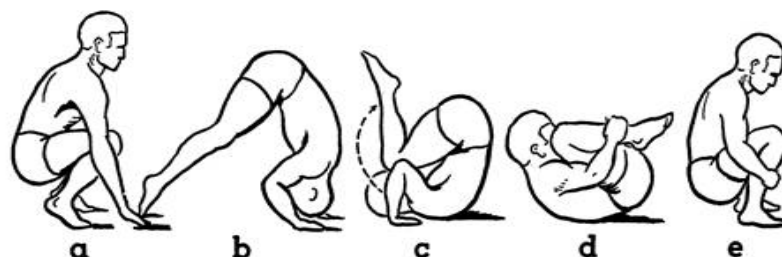


Fig. 1

1-Push off the feet.

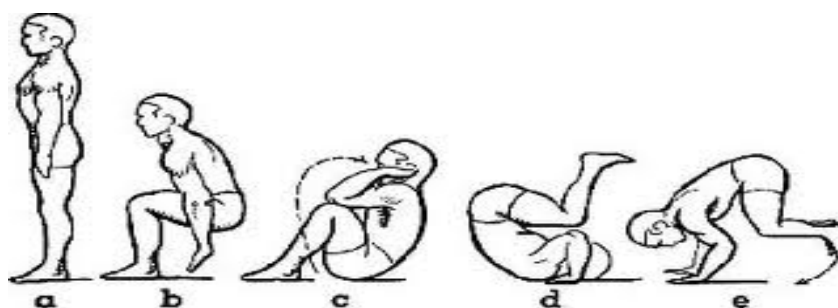
2-Bend knees and place hands in front of the floor.

3-Maintain tuck position.

4-Place feet on the floor and finish on a squat down position.

5-Keep back rounded and chin to chest.

2.- ROLL BACKWARD



1- Extend arms to take weight off the head and the neck

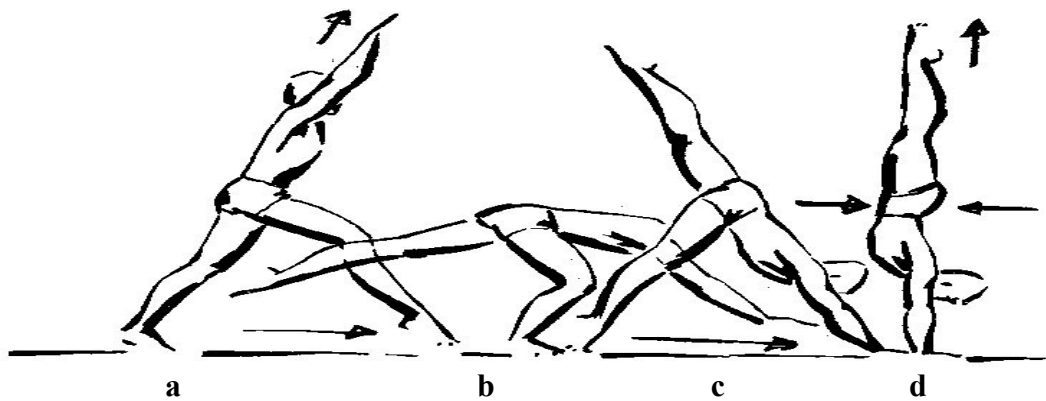
2-Begin in a straight body position.

3- Bend kness.

4-Begin rolling backward with chin to chest and hands close to your ears.

5- Place hand on the floor and, lift hips and push with the hands against the floor.

3.- HANSTAND.



1-Bring both legs to vertical and maintain the handstand.

2-Kick the back leg to the horizontal.

3-Step forward.

4-Push against the floor and kick the other leg.