



Instructor
Required

BUILDER

3

Gymnast

1. Complete the Fitness Fun award.
2. Perform at least five different warm-ups.
3. Lead out in warm-ups and stretches at the start of three classes.
4. Be able to do five of the following movements and practice to improve:
 - a. Forward roll
 - b. Cartwheel
 - c. Backbend/Back Bridge
 - d. Dive roll
 - e. Headstand
 - f. Handstand
 - g. Beam walk
 - h. Forward straddle roll
5. Participate in a gymnastics demonstration.



Helps

2. Ideal warm-ups for children: skip, hop, jumping jacks, animal walks (elephant, crab, kangaroo, frog, bunny).
3. Have each child lead out in three warm-up sessions with jumping jacks, jogging in place, skipping, jumping rope, etc. Lie down, tighten all muscles, and hold (squeeze your fanny). Stretches: legs, back, wrists, hands, ankles (rotate in circles), head (lean from side to side and hold).
5. Positions: stretch/lay out, pike, tuck. Regarding the movements:
 - a. For safety, make sure your hands are placed on the floor by your shoulders when you perform a forward roll.
 - b. Keep arms and legs straight, fingers toward each other.
 - c. Stand and slowly lean backward, lowering hands to the floor. Back bridge: push up from the floor. Back bend: from a standing position, slowly arch back until hands touch the floor.
 - d. Practice dive rolls, staying tightly tucked for safety.
 - e. From a three-point frog stand, slowly raise legs to a straight position.
 - f. From a standing straddle position, place hands between legs with fingers facing forward, tuck head, and roll. Hands push off the floor and end with a standing stretch.
 - g. Walk on a “beam,” touching foot to knee each time you step.
 - h. Execute a handstand, kicking up and down by yourself. Practice with a spotter until you can do handstands alone.

Some youngsters will be more limber and will find gymnastics easier than others. Make it fun and praise their efforts. Have an adult spotter nearby to minimize injuries.

Leader’s Note: The adventurer must be accompanied by an experienced instructor at all times. Safety information will be given by the instructor. The instructor will teach what is required in this award.