



2.

- a.) Landings
- b.) Statics
- c.) Rotations
- d.) Swing
- e.) Spring and Locomotion

**OBJECTIVES:**

- 1.) To promote the physical capabilities of strength, flexibility, and endurance for the purpose of increasing general body management skill.
- 2.) To develop general and specific body management skills in the activity of gymnastics. Specifically, these are:
  - a.) Landings - The performer shall be able to demonstrate six varieties of landings: on feet, on hands, forward with rotation, backward with rotation, on the back, and on the side.
  - b.) Statics - The performer shall be able to demonstrate various static positions, showing controlled balanced positions.
  - c.) Rotations - The performer shall be able to demonstrate a variety of dynamic rotations around all three body axes.
  - d.) Swing - The performer shall be able to demonstrate the element of gravity driven momentum (swing skills).
  - e.) Spring and Locomotion - The performer shall be able to demonstrate locomotor skills and skills involving spring from hands and feet.

**EVALUATION:**

Practical marks	75
Written final exam	<u>25</u>
	100

The practical marks will be based on one point for each successfully completed skill of the 74 described in the attached guide. One mark will be given for an appropriate advanced skill which the student has chosen and which has been approved by the instructor. A start to this list is provided.

The written final examination will cover all material presented in class. Students should keep a detailed log of each day's activities for future reference of the progressions, technical requirements, and sequence of presentation.