



# e-Award checklist - Gymnast

TICK THESE ONCE YOU HAVE COMPLETED THEM AND ADD THEM TO YOUR CLASS FOLDER



**All gymnastic activities must be closely supervised by an adult.**



**Have the Fitness Fun Award**  
Adventurers must have completed the requirements for the Fitness Fun Award before they begin this award.

**Perform at least five different warm-ups**  
Ideal warm-ups for children include skipping, hopping, jumping jacks, animal walks (elephant, crab, kangaroo, frog, bunny), jogging in place, jumping rope, etc.

**Be able to lead warm-ups and stretches at the start of a class**  
Have each child lead a warm-up session. Stretch legs, back, wrists, hands, ankles (rotate in circles), head (lean from side to side and hold).

**Practise making a high jump**  
Record the best of four.

**Practise making a high jump**  
Record the best of four.  
My highest jump: \_\_\_\_\_

**Practise making a long jump**  
Record the best of four.  
My longest jump: \_\_\_\_\_

**Run 50 meters in ten seconds**  
Use a stopwatch or a watch with a second hand to measure the time.

## I CAN DO THE FOLLOWING:

A backward roll  A cartwheel

A backbend  Backward straddle roll

Dive roll  Headstand

Forward straddle roll  Beam walk

Handstand