**Gymnastics**

[](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=Cf-ScFvb6gwrWM&tbnid=kbcWhcUhTQ4OHM:&ved=0CAgQjRw4KQ&url=http://bestclipartblog.com/25-gymnastics-clip-art.html/gymnastics-clip-art-20&ei=gIjtUvWsPMjAyAGm2IDgAg&psig=AFQjCNFOCQOcXuHxGDLXhSi15nTJUvDGeQ&ust=1391385089042357)

**Textbook**

**BALANCES & SUPPORTS**

|  |  |  |  |
| --- | --- | --- | --- |
| [http://t0.gstatic.com/images?q=tbn:ANd9GcRFRREWOME-DpSbBCCCI9MXhIv2Zsaio8SH-t2GRqsjMrNxScdu](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=Tw9eq0Eo1dSEWM&tbnid=GK7U9ORosAiZOM:&ved=0CAgQjRw&url=http://www.answers.com/topic/blind-stork-test&ei=dzTtUorPOcSuyQHU_4C4AQ&psig=AFQjCNH1U6pvfoa7wbVgUAT6LXrVPyjCNA&ust=1391363576014554)Stork Stand | Knee Scale  [http://t2.gstatic.com/images?q=tbn:ANd9GcTEKCIwWVxMzXIDf8HByDwo-8G5RDOciyZx08V1gNSmpZNHu_9P](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=gZcPAFHRYEy-CM&tbnid=RWhqD70GhgYVZM:&ved=0CAgQjRw&url=http://artwifeneedsalife.blogspot.com/2013_06_01_archive.html&ei=hDXtUsXCMYnXygGXioGIBQ&psig=AFQjCNF_xl3nTTLJqZwW1lK9LoS5Sm3jpA&ust=1391363844886064) | | Arabesque  [http://t0.gstatic.com/images?q=tbn:ANd9GcTRqWRG_oyVpM1Y8mw9qcSPAzwD7lCOEk7GYbjHcf7iYGsgcmcMeA](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=RKKRU047EkaIjM&tbnid=Mhz0gqxVlOf_LM:&ved=0CAgQjRw&url=http://www.mspt47.com/gymnastics/index.php?General_Articles:Basic_Gymnastics_Terms:General&print&ei=xTXtUsrfK4qpyAG844HQCQ&psig=AFQjCNFkrjOQVBCiT_aXAozHIfaiWBg5Mw&ust=1391363909842375) |
| [http://knoji.com/images/user/0907p52-squat-leg-lift-l.jpg](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=BhFz9jjPvJrwsM&tbnid=7fg0zZrhPpJ8RM:&ved=0CAgQjRw4KQ&url=http://fitness-working-out.knoji.com/simple-exercises-for-lean-legs/&ei=zDbtUouhKoSNygHulYH4CA&psig=AFQjCNEVQNxhKJQK6ve-Qop-fa49g76NpA&ust=1391364172761319)Side Balance  [http://kbandstraining.com/product_images/uploaded_images/side-lunge-reach.png](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=VD7mQ0W8YJ2WXM&tbnid=Wt7fV0X0IjnjRM:&ved=0CAgQjRw&url=http://kbandstraining.com/LEG-exercises/&ei=7TbtUrWEPKGCyQGt0YGgCQ&psig=AFQjCNEQtne2MoWkqpM3TTev28ESmpQ89w&ust=1391364206089747) | [http://t1.gstatic.com/images?q=tbn:ANd9GcTVW-64LI5gIIh9DXOGwhnz34WRF6UCmaZuOdTIPuYypnDz0WsUCQ](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=__yvRpXPAODElM&tbnid=6JyNO_XFh9AWsM:&ved=0CAgQjRw&url=http://crossfit-springfield.com/2011/01/page/2/&ei=MTftUqPuCKSsyAGF24D4BQ&psig=AFQjCNHxdhA-8ZQp8ybJa-InF1YtHpIbtA&ust=1391364273215897)“V” sit | | “Y” Scale |
| Monkey Stand  [http://www.pocket-sports.com/images/poses/headstand_tripod_knees_on_elbows.png](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=Ll0dwmB6wJSScM&tbnid=eOjq95QbpHSjcM:&ved=0CAgQjRw4Hw&url=http://www.pocket-sports.com/Pose/headstand_tripod_knees_on_elbows&ei=vDjtUuWQEMepyAHVj4HYBg&psig=AFQjCNFvh1KDXHTquQle08Ggu7chGmQXWQ&ust=1391364668344320) | Headstand with Partner  [http://www.robinage.com/article-images/head-stand.jpg](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=9ydIh5P0rwaCUM&tbnid=_hAyOIkR0viWwM:&ved=0CAgQjRw&url=http://www.robinage.com/yoga-for-kids-head-stand.htm&ei=NDntUtvAN9PlyAGLwoD4Bw&psig=AFQjCNHGYmYwCRYBrCzI-mh0vQD410wrPw&ust=1391364788970105) | | Tripod  [http://blog.lululemon.com/wp-content/uploads/2012/01/step-1.jpg](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=dNujQhJ-rrhqXM&tbnid=6U6rxcqF6VJgXM:&ved=0CAgQjRw4IA&url=http://blog.lululemon.com/five-steps-to-headstand/&ei=kTntUtiVMuPSyAHYioHYAw&psig=AFQjCNEfbFdXlXD8x6hA0mZLFOl3yrwSrg&ust=1391364881887031) |
| [http://t1.gstatic.com/images?q=tbn:ANd9GcSqXqyNRZDu4wS8qImMvkYjmN8FCO5iDS8eLb_w3HtaPQq8kUYG](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=iiXgkWykrnapZM&tbnid=KAxFkc8X1Ph3cM:&ved=0CAgQjRw4PQ&url=http://www.livestrong.com/article/540903-required-level-1-gymnastic-skills/&ei=PDrtUueSEom6yAG94IHYCw&psig=AFQjCNFbIFeVlHBEmjHNYVG_ldwXonMg3w&ust=1391365052362723)The bridge | [http://t0.gstatic.com/images?q=tbn:ANd9GcSZEbpeXDLEdKkVJk9sspI1Hf3DLrxQLDCFoEXX6S2YuqyaoqaB](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=g59Z8eLglWOs7M&tbnid=TBs4P4KqgI13AM:&ved=0CAgQjRw&url=http://www.fitstream.com/exercises/frog-stand-a6062&ei=njrtUsC3M-bXyAGP1oCoBA&psig=AFQjCNGaZdO4XnEw1gU5w3nXuV_ANbRZ7A&ust=1391365150896057)Frog Stand | Shoulder Stand  [http://3.bp.blogspot.com/_Vlm2M1qGqew/S8QshpWS2FI/AAAAAAAAAY0/7cXnOtwTo48/s400/shoulder-stand.png](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=e-9ym5unevbpJM&tbnid=XDTVfKC-34D3dM:&ved=0CAgQjRw4DQ&url=http://www.michellemyhre.com/2010/04/shoulderstand-healthy-neck.html&ei=LkLtUqe3KYnEyQGEvIDAAw&psig=AFQjCNHG6dEmr7YKB6wSm3CihlmyAM4mEA&ust=1391367086750375) | |

**BALANCES & SUPPORTS CONT…**

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| --- | --- | --- | --- | --- |
| Front Support  [http://3.bp.blogspot.com/-NYaB86jsusM/TfUQLycs5gI/AAAAAAAAAx0/wtZKPlyA0CM/s1600/front-support-on-knees_-_step_1.max.v1.png](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=TJaWYgAnHnbFpM&tbnid=MgBfwhtP8_yEcM:&ved=0CAgQjRw&url=http://trishboulders.blogspot.com/2011/06/front-supportplank-position-few-weeks.html&ei=Vz_tUpzSMITwyQGco4CYCg&psig=AFQjCNFu6bi1ngVLOZnweoy2nagpslwwmg&ust=1391366359856756) | | [http://0.tqn.com/d/pilates/1/0/l/7/-/-/Side-Plank-2-400.jpg](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=dw916usxoelJPM&tbnid=ORES6h8UyIT9aM:&ved=0CAgQjRw4KA&url=http://pilates.about.com/od/pilatesmat/ss/Plank-Variations_4.htm&ei=GkDtUr7yKLTlygHspoCoCw&psig=AFQjCNGvHAT6x8Hq0cJx_Pw0qhx72pfypQ&ust=1391366554725378)Side Support | | Back Support  [http://www.active.com/Assets/Fitness/Back-Support-Move.jpg](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=kJhou1WxGZm1CM&tbnid=2nRhrkzhhtJw6M:&ved=0CAgQjRw&url=http://www.active.com/fitness/articles/5-exercises-to-improve-your-posture&ei=lD_tUtLLJqqqyAHEp4HwDQ&psig=AFQjCNF97ItZzqCAt3mmy0dV7BYjQEAULQ&ust=1391366420694154) |
| Superman  [http://t3.gstatic.com/images?q=tbn:ANd9GcTA45Rv3rqW0rki0rUwWElp7GQz-oa5Glcb8C3H3IkxRd4hcEJOaA](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=wNxUpLYWHiA9TM&tbnid=1urng6XnmyMOrM:&ved=0CAgQjRw&url=http://www.gymnasticsrevolution.com/GymInteractive-Floor-Arch.htm&ei=mUHtUseiDeKQyQH7i4HQAw&psig=AFQjCNEcKR4PzmRJmyCPndZbo5azFsFfbg&ust=1391366937270211) | | Shoulder Toe Balance  C:\Users\cheryl\Pictures\Acer Crystal Eye\photo_2014201 (2).jpg | | Knee Grab  [http://www.ausport.gov.au/__data/assets/image/0007/513547/varieties/33_percent_portrait.jpghttp://t3.gstatic.com/images?q=tbn:ANd9GcToklpSCgBZSZuxAqa6InrJfdk1w7UYxiFpootJ2pfkuo6Xmr4Iyw](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=XZ2M07XVSrIvKM&tbnid=DMtHZk5nLdspEM:&ved=0CAgQjRw4DA&url=http://www.ausport.gov.au/participating/schools_and_juniors/prime_ministers_olympic_and_paralympic_challenges/try_a_sport/diving/individual_hearts,_clubs,_diamonds,_spades&ei=W0PtUrOyNaiMyQG4_ICYCQ&psig=AFQjCNFQ3GS24ijW7SXy9Dfd3ewo_b8Vkw&ust=1391367387951108)  [http://t3.gstatic.com/images?q=tbn:ANd9GcToklpSCgBZSZuxAqa6InrJfdk1w7UYxiFpootJ2pfkuo6Xmr4Iyw](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=XZ2M07XVSrIvKM&tbnid=DMtHZk5nLdspEM:&ved=0CAgQjRw4DA&url=http://www.ausport.gov.au/participating/schools_and_juniors/prime_ministers_olympic_and_paralympic_challenges/try_a_sport/diving/individual_hearts,_clubs,_diamonds,_spades&ei=W0PtUrOyNaiMyQG4_ICYCQ&psig=AFQjCNFQ3GS24ijW7SXy9Dfd3ewo_b8Vkw&ust=1391367387951108) |
| C:\Users\cheryl\Pictures\Acer Crystal Eye\photo_2014201.jpgKnee Bird | Broken Airplane (one leg down, opposite hand down)  C:\Users\cheryl\Pictures\Acer Crystal Eye\photo_2014201.jpg | | C:\Users\cheryl\Pictures\Acer Crystal Eye\photo_2014201.jpgFalling Comet | |

**JUMPS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Pencil Jump  C:\Users\cheryl\Documents\c PS3 internship\3 Gym\2 FEB gymnastics\Capture1.JPG[Do Gymnastics Jumps Step 2.jpgDo Gymnastics Jumps Step 2.jpgDo Gymnastics Jumps Step 2.jpg](http://m.wikihow.com/Do-Gymnastics-Jumps) | | Star Jump  [http://t3.gstatic.com/images?q=tbn:ANd9GcQq3Rz1GJ5EWrGf6ANiHG4wMToe2reMTQ0hDYqRC1SKaLNq3hq4](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=CXj_kTQxORv6wM&tbnid=0azfcxlJk3OF5M:&ved=0CAgQjRw&url=http://hscripts.com/freeimages/icons/gymnastics/star-jump.php&ei=607tUt_QBcqQyAGQnIGIDw&psig=AFQjCNGE-i7YuA0c8YbmGN7MJLQhQIRKVQ&ust=1391370347142844) | | | Spin JumpC:\Users\cheryl\Pictures\Acer Crystal Eye\photo_2014201 (5).jpg |
| Straddle Jump  [http://t3.gstatic.com/images?q=tbn:ANd9GcTRpYnDyVAOf140mAmkGPQ8KJNgaFbocfKHB3z2OuuDt7RxeVvwWQ](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=K7JqICaxD6VphM&tbnid=0Wp34Jkr1yDpgM:&ved=0CAgQjRw4Ig&url=http://www.buzzle.com/articles/jazz-dance-steps.html&ei=ZlHtUpmePOWuyQHMsYCYBQ&psig=AFQjCNFnHYlUxOtu5-JYd_z0HC9sTf4bLA&ust=1391370983041380) | | Split Jump  C:\Users\cheryl\Documents\c PS3 internship\3 Gym\2 FEB gymnastics\Capture4.JPG | | | Pike Jump  [http://t0.gstatic.com/images?q=tbn:ANd9GcTW0Zl8CUVvYYvwOOEixHKSLT8y2JKAOB-m_UvJaUAgfuHoce7F](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=6-Zgt-qzD7pvWM&tbnid=UE0kkhDh_mCbXM:&ved=0CAgQjRw&url=http://www.getbritainbouncing.org.uk/pike-jump/&ei=dFDtUtb_DcKsyAG51YCYCw&psig=AFQjCNEA7t2Ukg29fRCHLSe4JxZSQ8JthQ&ust=1391370740299946) |
| [http://tips.fitnessreloaded.com/wp-content/uploads/2012/03/73-rz-Kick-Butt.jpg](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=1MbSUZnt7jdwTM&tbnid=360MCdsQtwm-vM:&ved=0CAgQjRw&url=http://tips.fitnessreloaded.com/osteoporosis-prevention-exercises/&ei=A1LtUousMKr4yAHbsIDYCw&psig=AFQjCNE028wlE0F7_UySODd_sCZiyXCtSQ&ust=1391371139865323)Bum Kick | C:\Users\cheryl\Documents\c PS3 internship\3 Gym\2 FEB gymnastics\Capture2.JPGTuck Jump | | | Straddle jump over an obstacle  C:\Users\cheryl\Pictures\Acer Crystal Eye\photo_2014201 (6).jpg | |
| Tuck to Front Support (or front support to tuck) C:\Users\cheryl\Pictures\Acer Crystal Eye\photo_2014201 (3).jpg | | | Straddle to front support (or front support to straddle) C:\Users\cheryl\Pictures\Acer Crystal Eye\photo_2014201 (4).jpg | | |
| Frog Jump (Feet Apart)  C:\Users\cheryl\Pictures\Acer Crystal Eye\photo_2014201 (8).jpg | | | Frog Jump (Feet Together)  C:\Users\cheryl\Pictures\Acer Crystal Eye\photo_2014201 (7).jpg | | |

**ROLLS**

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| --- | --- | --- | --- | --- | --- | --- |
| [http://t1.gstatic.com/images?q=tbn:ANd9GcQT0ys_eAV98anYRniqxCi1iUh5lhtEaUE7bGaR5Sd7D6GmgjqoHg](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=wHQB2REFek-r5M&tbnid=mvBZ-vmZDZg2CM:&ved=0CAgQjRw&url=http://shannonjusticeforall.wordpress.com/tag/somersault/&ei=WzvtUvykE8K0yAHspYCgAQ&psig=AFQjCNHqEZtpeQygtxKpM5HL8dNjn44Szg&ust=1391365339404392)Somersault | [http://cnx.org/content/m23029/latest/graphics3.png](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=CsRJ_94xvrUivM&tbnid=cSgPkTwXX8gcZM:&ved=0CAgQjRw&url=http://cnx.org/content/m23029/latest/?collection=col11029/latest&ei=6zvtUvKsOsPmyQGg5oDYCg&psig=AFQjCNGoPZe4CDmtG3RhCcxyK1RBtQ-mCQ&ust=1391365484064861)Backwards Roll | | | | Shoulder Roll [http://t3.gstatic.com/images?q=tbn:ANd9GcR80ib5U0lIXd5quUGN20gtJGnDoIoKYo0lp5rhH2mk6q0w4HyiPw](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=ar_5zNiSi__BHM&tbnid=Tcrz7OPFKgt26M:&ved=0CAgQjRw4FA&url=http://antane.blogspot.com/p/educational-gymnastics-unit-plan.html&ei=1YDtUqf1IoWFyQGAooHoBA&psig=AFQjCNGq9FlvxQEUv5VstV_rOsv1cTgYKA&ust=1391383125652028) | |
| Cartwheel  [http://emseawell.files.wordpress.com/2012/04/cartwheel.png](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=KLtfcaXVV2mEdM&tbnid=6eeIyI4nI_vN8M:&ved=0CAgQjRw&url=http://emseawell.wordpress.com/2012/04/14/i-did-a-cartwheel-yesterday-and-survived-yall/&ei=iTztUvygD-jQyAG-q4GADw&psig=AFQjCNEUaPoXWONIZTM6FlXU7ckqqC7EfA&ust=1391365641311609) | | | | [http://t2.gstatic.com/images?q=tbn:ANd9GcSIzOtaVpTuMCzSvr30nuEXywK0NSAz_nVd-MfUPxWbg8d2VPaE7A](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=SNTuX8qY99aaxM&tbnid=38FiBoeooESbKM:&ved=0CAgQjRw4Lw&url=http://www.cheerleadingblog.com/rookies-guide-to-tumbling-for-cheerleading-roundoff/&ei=4zztUu31G8HXyAGXtYHYBw&psig=AFQjCNEONm0TAr5ABCAI2CSa05GijLCCIA&ust=1391365731519587)Round-off (Cartwheel landed sideways) | | |
| Dive Roll  [http://t2.gstatic.com/images?q=tbn:ANd9GcQwHje4weDMimrJSjfe3vd_jzIaYr8_CC802k1dGQda7ElP9crg3w](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=oqzaDAoR92mE2M&tbnid=KSB-OCWYP_9MfM:&ved=0CAgQjRw4HA&url=http://www.mannaweb.net/content.php?lang=en&m=menu_manna&c=exercise&exercise_id=64&ei=xT3tUoCNLObXyAGP1oCoBA&psig=AFQjCNFcsfNndLuzwb3DwIWa7XgTBamoGQ&ust=1391365957794971) | | [http://t0.gstatic.com/images?q=tbn:ANd9GcR4R3vvdSnpwrZ0ZIXDfEoyUuUHamU8-UqihOZM9gaiURM5AdYWIg](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=ar_5zNiSi__BHM&tbnid=5dzcUGW4e_omzM:&ved=0CAgQjRw&url=http://antane.blogspot.com/p/educational-gymnastics-unit-plan.html&ei=Vj7tUoqrDYKFyQHzm4DQCg&psig=AFQjCNFz-Bu1MzvQDw-hD5DPdrzRMTHSAg&ust=1391366102296654)Log Roll | | | | [http://t0.gstatic.com/images?q=tbn:ANd9GcR4R3vvdSnpwrZ0ZIXDfEoyUuUHamU8-UqihOZM9gaiURM5AdYWIg](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=ar_5zNiSi__BHM&tbnid=5dzcUGW4e_omzM:&ved=0CAgQjRw&url=http://antane.blogspot.com/p/educational-gymnastics-unit-plan.html&ei=Vj7tUoqrDYKFyQHzm4DQCg&psig=AFQjCNFz-Bu1MzvQDw-hD5DPdrzRMTHSAg&ust=1391366102296654)Side-tuck Roll |
| [http://t2.gstatic.com/images?q=tbn:ANd9GcQYItnCpPpHCHUNpmBFiBsO1LpuPXlIxcGiXHloox5te3J6TPDt](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=BVYWfN9k84w-wM&tbnid=7uPKK3IN2fGONM:&ved=0CAgQjRw4Og&url=http://www.mannaweb.net/content.php?lang=en&m=menu_manna&c=exercise&exercise_id=11&ei=QUTtUsiELOnkyQGqvoC4Cw&psig=AFQjCNHvCZfKgoggJm2KYElbcoopfozAig&ust=1391367617797210)Straddle Roll | | | [http://www.active.com/Assets/Fitness/Back-Support-Move.jpg](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=kJhou1WxGZm1CM&tbnid=2nRhrkzhhtJw6M:&ved=0CAgQjRw&url=http://www.active.com/fitness/articles/5-exercises-to-improve-your-posture&ei=lD_tUtLLJqqqyAHEp4HwDQ&psig=AFQjCNF97ItZzqCAt3mmy0dV7BYjQEAULQ&ust=1391366420694154)[http://0.tqn.com/d/pilates/1/0/l/7/-/-/Side-Plank-2-400.jpg](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=dw916usxoelJPM&tbnid=ORES6h8UyIT9aM:&ved=0CAgQjRw4KA&url=http://pilates.about.com/od/pilatesmat/ss/Plank-Variations_4.htm&ei=GkDtUr7yKLTlygHspoCoCw&psig=AFQjCNGvHAT6x8Hq0cJx_Pw0qhx72pfypQ&ust=1391366554725378)[http://3.bp.blogspot.com/-NYaB86jsusM/TfUQLycs5gI/AAAAAAAAAx0/wtZKPlyA0CM/s1600/front-support-on-knees_-_step_1.max.v1.png](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=TJaWYgAnHnbFpM&tbnid=MgBfwhtP8_yEcM:&ved=0CAgQjRw&url=http://trishboulders.blogspot.com/2011/06/front-supportplank-position-few-weeks.html&ei=Vz_tUpzSMITwyQGco4CYCg&psig=AFQjCNFu6bi1ngVLOZnweoy2nagpslwwmg&ust=1391366359856756)Front support (side) to Back Support | | | |

[](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=TJaWYgAnHnbFpM&tbnid=MgBfwhtP8_yEcM:&ved=0CAgQjRw&url=http://trishboulders.blogspot.com/2011/06/front-supportplank-position-few-weeks.html&ei=Vz_tUpzSMITwyQGco4CYCg&psig=AFQjCNFu6bi1ngVLOZnweoy2nagpslwwmg&ust=1391366359856756)

**PARTNER SUPPORTS**

|  |  |
| --- | --- |
| Wheel Barrow (wheel barrow)  C:\Users\cheryl\Documents\c PS3 internship\3 Gym\2 FEB gymnastics\IMG_4993.JPG | C:\Users\cheryl\Documents\c PS3 internship\3 Gym\2 FEB gymnastics\IMG_4999.JPGHeel to Heels (stairs) |
| C:\Users\cheryl\Documents\c PS3 internship\3 Gym\2 FEB gymnastics\IMG_5001.JPGShin to Neck (Table) | Shin to Back (open drawer)  C:\Users\cheryl\Documents\c PS3 internship\3 Gym\2 FEB gymnastics\IMG_5002.JPG |
| 2-man pyramid (ladder)C:\Users\cheryl\Documents\c PS3 internship\3 Gym\2 FEB gymnastics\IMG_5004.JPG | C:\Users\cheryl\Documents\c PS3 internship\3 Gym\2 FEB gymnastics\IMG_4992.JPGHead Stand |
| Backwards 2-man pyramid  C:\Users\cheryl\Documents\c PS3 internship\3 Gym\2 FEB gymnastics\IMG_5005.JPG | Pyramid  [http://t0.gstatic.com/images?q=tbn:ANd9GcTTkVUDQ2-oNhzpLs2Nv0XzAKDqn5oRJ2AcT_voGXAQXjS_2V-9](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=QHqVKJ2LQQII2M&tbnid=5EaMI1py4f7S6M:&ved=0CAgQjRw&url=http://www.superstock.com/stock-photos-images/1598R-125106&ei=WFftUozsCLKkyAHC2YHABg&psig=AFQjCNGERGCzM36fxzRswEb1MJG96XoUTQ&ust=1391372504377355) |

(Terms in brackets are “calls” for a game)

**PARTNER COUNTER-BALANCES**

|  |  |  |  |
| --- | --- | --- | --- |
| 1C:\Users\cheryl\Documents\c PS3 internship\3 Gym\2 FEB gymnastics\IMG_4988.JPG | | C:\Users\cheryl\Documents\c PS3 internship\3 Gym\2 FEB gymnastics\IMG_4989.JPG | |
| C:\Users\cheryl\Documents\c PS3 internship\3 Gym\2 FEB gymnastics\IMG_4990.JPG | C:\Users\cheryl\Documents\c PS3 internship\3 Gym\2 FEB gymnastics\IMG_4995.JPG | | C:\Users\cheryl\Documents\c PS3 internship\3 Gym\2 FEB gymnastics\IMG_4998.JPG |
| C:\Users\cheryl\Documents\c PS3 internship\3 Gym\2 FEB gymnastics\IMG_4997.JPG | | C:\Users\cheryl\Documents\c PS3 internship\3 Gym\2 FEB gymnastics\IMG_4996.JPG | |
| C:\Users\cheryl\Documents\c PS3 internship\3 Gym\2 FEB gymnastics\IMG_4991.JPG | | | |

[](http://www.google.ca/url?sa=i&source=images&cd=&cad=rja&docid=TJaWYgAnHnbFpM&tbnid=MgBfwhtP8_yEcM:&ved=0CAgQjRw&url=http://trishboulders.blogspot.com/2011/06/front-supportplank-position-few-weeks.html&ei=Vz_tUpzSMITwyQGco4CYCg&psig=AFQjCNFu6bi1ngVLOZnweoy2nagpslwwmg&ust=1391366359856756)