



# April 2018

## Gymnastics East



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**1 Happy Easter! Have fun looking for eggs!**



**2** Walk in releve with tight arms by your ears for as long as you can!

**3** Can you hold your bridge and make your legs stay together? Can you make them straight?

**4** How many push-ups can you do in a row? Can your nose touch the floor?

**5** Try a pike press from the floor. How long can you hold it? 10 seconds?

**6** Play wheelbarrows with a friend - take turns holding each other's legs while you walk!

**7** It's the first of the month, so start it off with a very important skill - Handstands!

**8** Sweat means your body is clean! Can you go outside and run for 10 minutes?

**9** How big can you make your straddle? Can you stretch both ways with straight legs? How about out in front?

**10** Try a straddle press on the floor. Push off the floor and try to balance with your bottom and toes up!

**11** Try candlestick roll ups. Start with flashlights up, roll back to candlestick, roll back up and jump up with flashlights!

**12** Can you do a forward and backward safety fall on the ground? How about forward and backward rolls on the ground.

**13** Try a bridge. Can you hold it for 10 seconds? Can you lift up a foot? How about trying to walk in your bridge?

**14** Can you roll from a hollow body to an arched body without letting your hands and feet touch the floor?

**GYM CLOSED FOR SPRING BREAK! NO GYMNASTICS FROM APRIL 9-14!**

**15** Can you fold yourself in half? Stretch in your pike and try to make your nose touch your knees.

**16** Try to run and make your knees go really high. Can you try bun kickers too?

**17** Walk like a crab forward, backward, & sideways.

**18** Can you do 100 jumping jacks?

**19** How long can you run for? 10 minutes? 20 minutes? Go outside and get active!

**20** Can you hold your candlestick with your hands on the ground for a minute?

**21** Do you remember burpees? Jump up, squat, front support, push up, squat, up!

**22 Celebrate EARTH DAY**



Go for a walk and pick up litter.

**23** Walk like an inch worm - can you do push-ups? How many?

**24** Can you do 20 V-ups? Try to keep your legs straight and your tummy tight.

**25** Find a safe place to practice your handstands! Try to hold it for 3 seconds.

**26** Do a plank for 30 seconds. If that's easy, try a side plank on each side for 30 seconds.

**27** Draw a chalk line & practice your cartwheel along the line.

**28** Do 10 tuck ups, roll over to superman and hold it for 10 seconds.

**29** Practice your pivot turns. Now try it while picking up one foot! (Coupe or passé turn)

**30** Try 15 tuck jumps, 15 straddle jumps, 15 pike jumps, and 15 full turns.