

December 2018

Gymnastics East



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>30 Do 3 tuck jumps, straddle jumps, pike jumps.</p>	<p>31 Last day of 2018!! Hold your bridge for 17 seconds.</p>					<p>1 Do Candlestick roll ups. Roll back to candlestick, then jump up to straight jump!</p>
<p>2 Do a tall Candlestick 8 times!</p> <p>Happy 1st night of Hanukah</p>	<p>3 Read for 10 minutes in your splits or straddle stretch.</p>	<p>4 Two weeks until our break starts! Can you do 14 push ups to celebrate.</p>	<p>5 Try practicing forward rolls and backward rolls in a safe place.</p>	<p>6 Practice your handstand for "Handstand Month" in December and January!</p>	<p>7 How many jump full turns can you do? Try going one way, then the other way.</p>	<p>8 Try doing dogsled or bobsled races like we've done in class with paper plates.</p>
<p>9 Play the Nutcracker Game with a friend.</p>	<p>10 Find a good place to practice your cartwheels.</p>	<p>11 Do 10 tuck ups, then try 10 v-ups.</p>	<p>12 Hold your body hollow (banana) for 30 seconds. Then try arch (Supergirl) for 30 seconds.</p>	<p>13 Practice your bridge. Have a friend try to crawl under you. Stay strong.</p>	<p>14 Do your straddle and pike stretches, try counting in a different language or backwards.</p>	<p>15 Find a creative way to help with chores around the house.</p>
<p>16 Practice your handstands. See if a grown-up can hold your legs and help you up!</p>	<p>17 Bundle up and play outside for 30 minutes on your first day of break!</p>	<p>18 Try your pike and straddle presses.</p>	<p>19 Do wheelbarrow with a friend. How far can you go on your hands?</p>	<p>20 Practice your pivot turns on the floor, arms up by your ears.</p>	<p>21 Stretch like a seal. Can you walk like a seal?</p>	<p>22 Try holding your self like a crab, and doing crab push ups. These are called dips!</p>
<p>23 Try doing ten burpees like we do in warm up.</p>	<p>24 NO CLASSES NOW THRU JAN. 5th. HAPPY HOLIDAYS!!</p>	<p>25 Merry Christmas Spend the day with your family!</p>	<p>26 Do your cat stretch and see how close you can get to the floor.</p>	<p>27 Do 18 push ups to celebrate the almost New Year.</p>	<p>28 Practice your splits on both legs.</p>	<p>29 Practice your safety falls! We do backward and forward. See if you can remember both!</p>