**Gymnastics Stunts Grades K-2**

**Mr. Wilson**

**Elementary Physical Education**

Please review the following stunts with your child. Search each stunt using the internet or use youtube to get a better visual of each stunt. These stunts are introduced in grades K-2 during the gymnastics unit. Do not have your child practice these at home.

**Rolls** **Jumps and Leaps**

Safety Roll Tuck

Egg Roll Straddle

Pencil Roll Pike

Log Roll Scissors

Forward Roll Side Leap

Backward Roll

Straddle Roll

Pike Roll

**Scales**

Front Scale

Back Scale

Airplane Scale

Knee Scale

**Balance**

Head Stand

Hand Stand

Tripod Stand

Knee Balances

Bride

V-Sit

Y-Stand

Plank

Bridge

Side Plank

Candle Stick