

# Gymnastics



## Gymnastics activity – Balance How long can you balance on one foot?

**Set up:** Stand with both feet on the ground. Lift one straight leg behind you up to about 45 degree angle or higher. Keep your eyes open and keep your balance on one foot. Hold that pose with one foot in the air for as long as you can and count the seconds.

**What to record and submit:** Number of seconds can hold the position without moving.



## Gymnastics activity – Star jumps How many star jumps can you do in 60 seconds?

**Set up:** Start by standing with your feet together and hands by your side. Jump up and spread your legs apart as you swing your arms over your head. Jump again and bring your arms back to your sides and your legs together. This is 1 star jump.

**What to record and submit:** Count and record the number of star jumps you can do in one minute ( 60 seconds).



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## Gymnastics activity – Shin touches

How many shin touches can you do in 60 seconds?

**Set up:** Lay on your back on the floor. Put your legs straight up over your hips and your arms over your head. Lift your arms. Touch your shins. Bring your head, neck, and upper back off the ground as you reach towards your shins. Slowly lower back to the starting position. This is 1 shin touch.



**What to record and submit:** Count and record the number of shin touches you can do in one minute ( 60 seconds).

Regular physical activity is vital for good physical, social and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks.

You can reduce your risk of exercise injury by: wearing the right shoes, using the correct equipment, drinking water and staying hydrated, warming up and stretching properly, exercising in a safe area clear of any obstacles or items, maintaining COVID safety and social distancing rules.

Stop exercising and seek medical help if you experience symptoms such as: discomfort or severe pain, chest pain, shortness of breath, a rapid or irregular heartbeat.

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