



December 2016

Gymnastics East



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Practice your safety falls! We do backward and forward. See if you can remember both!	2 Do 10 tuck ups, then try 10 v-ups.	3 Do candlestick roll ups. Roll back to candlestick, then jump up to straight jump!
4 Do 4 tuck jumps, straddle jumps, pike jumps.	5 Read for 10 minutes in your splits or straddle stretch.	6 Two weeks until our break starts! Can you do 14 push ups to celebrate.	7 Try practicing forward rolls and backward rolls in a safe place.	8 Practice your handstand for "Handstand Month" in December and January!	9 How many jump full turns can you do? Try going one way, then the other way.	10 Try doing dogsled or bobsled races like we've done in class with paper plates.
11 Play the Nutcracker Game with a friend.	12 Find a good place to practice your cartwheels.	13 Try holding your self like a crab, and doing crab push ups. These are called dips!	14 Hold your body hollow (banana) for 30 seconds. Then try arch (supergirl) for 30 seconds.	15 Practice your bridge. Have a friend try to crawl under you. Stay strong.	16 Do your straddle and pike stretches, try counting in a different language or backwards.	17 Find a creative way to help with chores around the house.
18 Practice your handstands. See if a grown-up can hold your legs and help you up!	19 Bundle up and play outside for 30 minutes on your first day of break!	20 NO CLASSES NOW THRU JAN. 2nd. HAPPY HOLIDAYS!!	21 Do wheelbarrow with a friend. How far can you go on your hands?	22 Practice your pivot turns on the floor, arms up by your ears.	23 Stretch like a seal. Can you walk like a seal?	24 Do a tall candlestick 8 times! Happy 1st day of Hanukah
25 Merry Christmas Spend the day with your family!	26 Try doing ten burpees like we do in warm up.	27 Try your pike and straddle presses.	28 Do your cat stretch and see how close you can get to the floor.	29 Do 17 push ups to celebrate the almost New Year.	30 Practice your splits on both legs.	31 Last day of 2016!! Hold your bridge for 16 seconds.