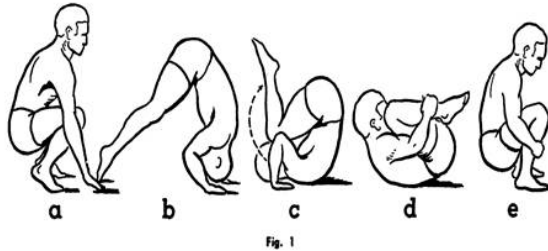




Safety Tips for Practicing at Home

We encourage children to practice what they've learned in GYMSTARS at home, provided there is room to safely exercise and it's okay with their parents. A carpeted area is fine for practicing as well as a grassy area outside, once it warms up! If you wish to spot (help) your child, here are some ideas on how to make this time safe, easy and fun!

1. **FRONT ROLL** – Child begins with arms stretched overhead (ta-da position), followed by a squat (legs together knees bent, arms reaching to the floor), tell child to TUCK head (“look at your belly button, glue your chin to your chest”) Spotter can place their hand lightly on the back of child’s head to encourage the tucked position. Child rolls over by pushing with legs. You can assist by LIFTING the hips (slightly) ensuring a smooth roll onto the neck and back, returning to the squat position. Finish standing with arms stretched up.



2. **HANDSTAND** – There are many ways to begin but we start this skill with child’s hands and feet on the floor. Spotter is standing on knees. Ask child for one foot at a time, spotter holds child by ankles. Make sure body, arms and legs are straight and tight, with only hands touching the floor (no heads here.) Allow child to support his own weight, just assist with balance. After 10 to 20 seconds, support child coming down by either lowering legs one at a time.



3. **HANDSTAND TEST** – Ask child to raise arms to ears, keeping arms straight and tight with flat hands (palm to ceiling.) Press down firmly, telling child to keep arms strong and straight, not allowing them to bend or “mush-out.” This develops the position and strength needed to support weight in handstand or cartwheel.
4. **WHEELBARREL** – Great for upper body, arm and shoulder girdle strength – much needed in Gymnastic Skills! Child begins with hands and feet on the floor. Standing behind child ask for one foot at a time as in the handstand. Holding child at ankles or shins (don’t squeeze too hard) stand between legs and encourage child to walk on hands. *Watch your posture while doing this – keep your knees bent to protect your back! Only do the wheelbarrel for as long as is comfortable and fun for both you and your child.

ASK YOU CHILD TO SHOW YOU – YOUR CHILD CAN DO IT – CAN YOU?

- Sitting in a straddle – touch nose to floor – keep legs straight!
- Sitting in a butterfly – touch nose to toes
- Bear Walk, Hurt bear, frog jumps, Airplane, Push-n-peak, V-sit,
- Jumps: Star jump, banana, Full turn jump
- Spiderman, basket, table-chair...

QUESTIONS? COMMENTS? 718-623-8560 OR WWW.GYMSTARSBROOKLYN.COM