

# MOVE YOUR BODY!



## GYMNASTICS

### EQUIPMENT >>>

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- ✓ Variety of equipment (e.g., ropes, hula hoops, blocks, pylons)
- ✓ Masking tape (optional)

### SET UP >>>

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- ✓ Participants stand a safe distance apart from each other in the activity area.
- ✓ Spread out equipment in the activity area.
- ✓ Remind participants not to land on the objects to avoid slipping.

### ACTIVITY >>>

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- ✓ Call out a locomotion, such as crab walking, hopping on one foot, skipping, jumping, or galloping.
- ✓ Participants demonstrate the locomotion by using the objects dispersed around the activity area. For example, participants can jump over the blocks/masking tape lines, skip around the pylons, hop in and out of the hoops, etc.