

Grade Three - required

Q. What do we use to help us Turn?

A. We must use the head, eyes and arms.

Grade Three - required

Q. Explain why we do a warm up?

A. The warm up should gently prepare the body for exercise by gradually increasing the heart rate and circulation.

Grade Three - required

Q. What must you be careful of in a Handstand into Forward Roll?

A. Not to go too high up in the Handstand.

Grade Three - required

Q. What must you do in a Backward Roll to help you go over?

A. We must push strongly on the arms.

Grade Three - Good to know

Q. What muscles should you activate to control a Back Bend?

A. Your abdominals and front thigh muscles.