Unit: Gymnastics Grade: First Level: 08

S1.E8.1- Transfers weight from one body part to another in self-space in gymnastics.
S1.E10.1- Demonstrates twisting, curling, bending, and stretching actions.

Student Name	Knows the skills performed in the gymnastic routine.	Practices the skills to create smooth movements.	Dismount after routine by keeping legs together, knees bent, and arms straight out in front.	**CASEL** Self-Management : Stress Management	Notes/Observations/ Next Steps