Unit: Gymnastics Grade: Third Level: 13

S1.E7.3- Balances on different bases of support, demonstrating muscular tension and extensions of free body parts.

S1.E8.3- Transfers weight from feet to hands for momentary weight support.

Student Name	Makes sure hips are above head.	Establishes a wide base of support.	Tightens muscles to hold balance.	Focuses eyes on a non-moving object	CASEL Self-Manage ment: Stress Manage ment	Notes/ Observations/ Next Steps