Unit: Gymnastics Grade: Fourth Level: 17

**\$1.E7.4**- Balances on different bases of support on apparatus, demonstrating levels and shapes. **\$1.E8.4**- Transfers weight from feet to hands, varying speed and using large extensions (i.e. mule kick, handstand, cartwheel).

Student Name	Extends arms straight out to the side.	Tighten your muscles.	Focuses eyes on a non-moving object.	CASEL Self-Management : Stress Management	Notes/ Observations/ Next Steps