Unit: Gymnastics Grade: Sixth Level: 27

S1.M24.6- Demonstrates correct technique for basic skills in one self-selected individual-performance activity.

S3.M18.6- Identifies positive and negative results of stress and appropriate ways of dealing with each.

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Student Name	Begins in a starting position: lying on back with knees bent, feet flat and hands by ears with palms facing the ground.	Pushes body up until only hands and feet are touching the ground and back is arched.	Slowly lowers body back to the floor, tucking chin toward chest while coming down.	CASEL Self- Management: Stress Management	Notes/ Observations/ Next Steps