

Gymnastics Unit Packet

Team Name: _____ Teachers Name/Groups: _____

Team Captain: _____ Team notes taken: _____

Team Equipment managers: _____ Team Utility members: _____

Team Trainers: _____



Day One



Pick team jobs, Cooperatives, Combatives, Pyramids, Self-Stands

- **Objective:** - Once you have picked jobs for everyone on your team you will complete the following warm up which will be lead by the team trainer: 20 PUSH UPS, 10 SIT UPS, AND 10 MOUNTAIN CLIMBERS.
 - Please use the table below to mark your tally marks for how many CORRECT pushups, sit ups, and mountain climbers you were able to complete. **You may not be able to reach the complete 20, but your goal is to improve over time.**

Classmate Name	Push Ups	Sit Ups	Mountain Climbers
1.			
2.			
3.			
4.			
5.			
6.			

- **Today's Activity:** - In today's activities we will be exploring a variety of cooperatives (working with a partner/group to complete a task), combatives (games and activities used to test strength, intellect, and balance among teammates), pyramids and self stands. In these activities you will work in with a partner, in groups and alone.
- **Physical Education Standards:**
- **PE-4.6:** Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Gymnastics Packet 12 Answers

Yi-Tong Ma



Gymnastics Packet 12 Answers:

Unveiling the Magic of Words: A Report on "**Gymnastics Packet 12 Answers**"

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