



## Builders



## Gymnast

1. Have the Fitness Fun Award.
2. Perform at least five different warmups.
3. Lead out in warm\_ups and stretches at the start of three classes.
4. Be able to do seven of the following movements and practice to improve.
  - a. Backward roll
  - b. Cartwheel
  - c. Backbend
  - d. Backward stretch straddle roll
  - e. Dive roll
  - f. Head stand
  - g. Handstand
  - h. Beam walk
  - i. Forward straddle roll
5. Participate in a recognized fitness test:
  - a. President's Challenge
  - b. or an equivalent