

Gymnastics

JUNIOR GIRL SCOUT BADGE

Complete 6 activities



1. Learn the basic safety rules of gymnastics.
 - a. Discuss the importance of proper mats and equipment.
 - b. Learn what a spotter does and why she is so important.
Discuss the importance of working with a trained gymnast or instructor when learning and attempting new skills.
 - c. Learn what proper clothing and footwear are necessary for safe tumbling. How are gymnastics clothes different from other sports? Think about how jewelry and hair could be a safety issue.
2. Learn and recognize the four events used in girls' competitive gymnastics. Learn to perform at least one skill in each of the following areas: floor exercise, vault, balance beam, and uneven bars.
3. Discuss the importance of good health and fitness to a gymnast, including the following:
 - a. Warm-up and cool-down exercises.
 - b. What kinds of exercises are good for strength? Flexibility? Conditioning?
 - c. Dietary needs and fluids.
4. With a group or by yourself, create a short routine or dance using a few skills and rhythmic movements. Perform your work for others.
5. Read about the history and background of gymnastics. Learn which countries are best known for their teams and which countries participate in the Olympics, who are the sports' stars and most famous competitors.
6. Find out which injuries are common to gymnasts. List safety tips to help avoid these injuries. Learn and be able to demonstrate first aid for at least two of these types of injuries.
7. Observe, in person or on television, an event featuring gymnastics.
 - a. Note the different events for both individual and team gymnastics.
 - b. How is each scored?
 - c. Discuss which performances you liked best, and why.
 - d. How did the event make you feel, and what new things did you learn about gymnastics?
8. Find out about opportunities for participating in gymnastics in your community. Where are classes offered, and what are the costs involved?
9. Attend a gymnastics class or workshop and practice your skills with a trained staff. Ask a staff member how she came to be involved in gymnastics and why it is a good sport for girls? What special qualities are important to a gymnast? Talk with other girls your age about their feelings about gymnastics.