

# Gymnastics

## BROWNIE GIRL SCOUT TRY-IT

Complete 4 activities



1. Learn the basic safety rules of gymnastics.
  - a. Be sure to discuss the importance of mats, standard equipment, and spotters.
  - b. Talk about the importance of working with a trained gymnast or instructor when trying something new.
  - c. Learn what the proper clothing and footwear are for a gymnast. Consider the dangers of long hair and jewelry when tumbling.
2. Learn about the four gymnastic events used in competition and try a basic move in at least two different areas with the help of a gymnast or coach.
  - a. Floor Exercise
  - b. Vault
  - c. Balance Beam
  - d. Uneven Bars
3. A gymnast must take care of her body. Discuss the following:
  - a. Warm up and cool down before and after strenuous exercise.
  - b. What kind of exercises would help you get into shape?
  - c. What should she eat and drink?
  - d. How much rest is important?
4. Make up a short routine, dance or game using music or rhythmic moves. You may create your movements by yourself or with a group.
5. Visit a gymnastic center or school or attend a class, workshop, or gymnastic event. Talk to a gymnastics coach or teacher about why they think gymnastics is a good sport for girls. Talk to girls your age about why they are involved in a class or a gym team.
6. Observe, in person or on television, a gymnastic event. Think about what performance you enjoyed most and why. How did watching the event make you feel? What new things did you learn about gymnastics?