

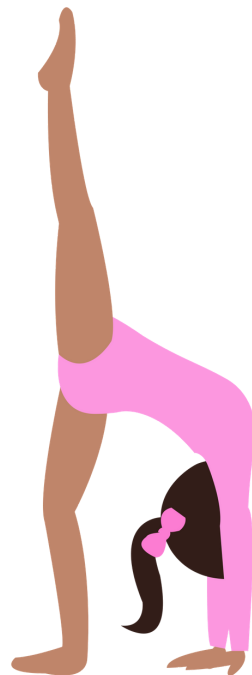
# COACH SIMON SAYS

## GymnasticsHQ Style

On the next page is a Simon Says chart. With a friend, take turns being Simon. Use the chart to help you pick out fun gymnastics activities to call out.

Remember, the goal is to get the other person to do something without Simon telling her to.

Good Luck! And Have fun!



# COACH SIMON SAYS



Touch your toes.

Do a cartwheel.

Do a handstand.

Do a forward roll.

Sit in a pike.

Sit in a tuck.

Sit in a straddle.

Flex your feet.

Point your feet.

Stand in a straight stand.

Do a table.

Do a bridge.

Do a front scale.

Do a back scale.

Do a straight jump.

Do a straddle jump.

Do a tuck jump.

Do a pike jump.

Do a wolf jump.

Do a jump half turn.

Do a jump full turn.

Do a split jump.

Stand on one foot with your other in a passé position.

Stand on one foot with your other in a coupé position.

Get in a plank position.

Do a v-sit.

Do a knee scale.

Lay in a straight body position on your back with feet pointed.

Do a pivot turn.

Do a turn on one foot.

Do a split leap.

Do a cat leap.

Stand in high relevé.

Do a lunge.