**THIS WEEK’S SKILL FOCUS IS**

**CARTWHEELS**

**Did you know that the Cartwheel is one of the most basic skills in gymnastics but it is also one of the most important? Almost every event uses a cartwheel as both a building block skill and lead in skill. Not to mention, they are fun to do!**

**Today you may see:**

* **Lunges**
* **Lever Touches**
* **Kicking Drills**
* **Cartwheels over mats**

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* **Grasshoppers**
* **Straddles**
* **Drill Working Body Support**