

6. Floor: cartwheel, roundoff

1. Suggest 3 stretching exercises suitable to practice before cartwheel and roundoff.

a) _____

b) _____

c) _____

2. Draw the correct hand positions for cartwheel and roundoff.



3. What equipment can we use when learning cartwheel?

4. When spotting the cartwheel we stand

a) in front of the **gymnast** b) behind the **gymnast**

5. What exercise would you include if the **gymnast** does not perform sufficient rotation around the longitudinal axis of his body during the roundoff?

6. What are the moments of force contributing to the rotational motion of the body during a roundoff?

7. During the roundoff, the hands touch the floor

a) close to the foot b) further away from the foot

8. How can we drill the quick swing of one leg needed to initiate cartwheel and roundoff?

9. Underline correct: The push off during a cartwheel or roundoff is performed
from the shoulders from the wrists from the bent arms