

FILLACTIVE

ORGANIZING A SPORTING ACTIVITY

Gymnastics

Flexibility, balance and strength using body weight are on the menu in this session.

👉 **Fillactive Tip** 👉 Put aside perfect execution and focus on discovering new skills.

Balance poses (15 min)

- On two feet (e.g., on a bosu ball, on a beam, on a balance board)
- On one foot (e.g., [arabesque](#), tree and [turning around](#))
- In a seated position (e.g., [boat on the buttocks](#)) (and [sitting on a large balloon](#))
- On your back (e.g., in a [candle position](#))
- On the hands (e.g., [crow](#), [square](#) and [reversed straight support](#))

Wheel (15 min)

Break down the movement and go step by step. [Example of progression here.](#)

1. Learn to keep your arms straight while making different movements: [walking like a bear](#), [hop like a rabbit](#) and take on [the challenge of climbing the mountain to the wall](#).
2. Find your dominant leg.
3. Place your hands, then your feet in a semicircle.
4. Place your hands, then your feet on a line. [Video example here.](#)

Handstand walking (15 min)

First, learn to keep your arms straight while doing different movements like [the bear walk](#) or [the challenge of the mountain against the wall](#). Next, try taking a few steps without your feet touching the ground, then gradually increase the number of steps. See [the video example here.](#)

