

“Arch Position”

Metroplex Preschool Gymnastics

Warm-Up Action Song



Funny Clown

Original Author: Unknown

Sung To: "Teddy Bear, Teddy Bear, Turn Around"

Funny clown, funny clown,
Spin around.
Funny clown, funny clown
Jump up and down
Funny clown, funny clown,
Touch your toes.
Funny clown, funny clown
Honk your nose.



KICK HANDSTAND



KNEE SCALE



Y - BALANCE HOLD