<https://resources.specialolympics.org/sports-essentials/artistic-gymnastics>

Assistir e tentar identificar os fundamentos.

Discutiremos na aula de 24/06

**Men's Level 1 Exercises**

* [Level 1 Floor Exercise](https://media.specialolympics.org/resources/sports-essentials/artistic_compulsories/video/MensLevel1FloorExercise.mp4)
* [Level 1 High Bar](https://media.specialolympics.org/resources/sports-essentials/artistic_compulsories/video/MensLevel1HighBar.mp4?_ga=2.119761536.942138791.1547475684-79484655.1547142790)
* [Level 1 Parallel Bars](https://media.specialolympics.org/resources/sports-essentials/artistic_compulsories/video/MensLevel1ParallelBars.mp4)
* [Level 1 Pommel Horse](https://media.specialolympics.org/resources/sports-essentials/artistic_compulsories/video/MensLevel1PommelHorse.mp4)
* [Level 1 Rings](https://media.specialolympics.org/resources/sports-essentials/artistic_compulsories/video/MensLevel1Rings.mp4)
* [Level 1 Vault, Star Jump Front View](https://media.specialolympics.org/resources/sports-essentials/artistic_compulsories/video/MensLevel1Vault_StarJump_FrontView.mp4)
* [Level 1 Vault, Star Jump Side View](https://media.specialolympics.org/resources/sports-essentials/artistic_compulsories/video/MensLevel1Vault_StarJump_SideView.mp4)
* [Level 1 Vault, Tuck Jump](https://media.specialolympics.org/resources/sports-essentials/artistic_compulsories/video/MensLevel1Vault_TuckJump.mp4?_ga=2.83061278.942138791.1547475684-79484655.1547142790)

**Men's Level 2 Exercises**

* [Level 2 Floor Exercise](https://media.specialolympics.org/resources/sports-essentials/artistic_compulsories/video/MensLevel2FloorExercise.mp4)
* [Level 2 High Bar](https://media.specialolympics.org/resources/sports-essentials/artistic_compulsories/video/MensLevel2HighBar.mp4)
* [Level 2 Parallel Bars](https://media.specialolympics.org/resources/sports-essentials/artistic_compulsories/video/MensLevel2ParallelBars.mp4)
* [Level 2 Pommel Horse](https://media.specialolympics.org/resources/sports-essentials/artistic_compulsories/video/MensLevel2PommelHorse.mp4)
* [Level 2 Rings](https://media.specialolympics.org/resources/sports-essentials/artistic_compulsories/video/MensLevel2Rings.mp4)
* [Level 2 Vault, Straddle Jump](https://media.specialolympics.org/resources/sports-essentials/artistic_compulsories/video/MensLevel2Vault_StraddleJump.mp4)
* [Level 2 Vault, Straight Jump](https://media.specialolympics.org/resources/sports-essentials/artistic_compulsories/video/MensLevel2Vault_StraightJump.mp4)

**Women's Level 1 Exercises**

* [Level 1 Bars](https://media.specialolympics.org/resources/sports-essentials/artistic_compulsories/video/WomensLevel1Bars.mp4)
* [Level 1 Beam](https://media.specialolympics.org/resources/sports-essentials/artistic_compulsories/video/WomensLevel1Beam.mp4)
* [Level 1 Floor](https://media.specialolympics.org/resources/sports-essentials/artistic_compulsories/video/WomensLevel1Floor.mp4)
* [Level 1 Vault, Star Jump Front View](https://media.specialolympics.org/resources/sports-essentials/artistic_compulsories/video/WomensLevel1Vault_StarJump_FrontView.mp4)
* [Level 1 Vault, Tuck Jump Front View](https://media.specialolympics.org/resources/sports-essentials/artistic_compulsories/video/WomensLevel1Vault_TuckJump_FrontView.mp4)

**Women's Level 2, 3 and 4 Exercises**

* [Level 2 Vault, Straddle Jump](https://media.specialolympics.org/resources/sports-essentials/artistic_compulsories/video/WomensLevel2Vault_StraddleJump.mp4)
* [Level 2 Vault, Straight Jump](https://media.specialolympics.org/resources/sports-essentials/artistic_compulsories/video/WomensLevel2Vault_StraightJump.mp4)
* [Level 2 Uneven Bars](https://media.specialolympics.org/resources/sports-essentials/artistic_compulsories/video/WomensLevel2UnevenBars.mp4)
* [Level 2 Beam](https://media.specialolympics.org/resources/sports-essentials/artistic_compulsories/video/WomensLevel2Beam.mp4)
* [Level 2 Floor](https://media.specialolympics.org/resources/sports-essentials/artistic_compulsories/video/WomensLevel2Floor.mp4)

AGE GROUPS (Inglês e Espanhol)

Explicarei no nosso encontro de 24/06.

<https://www.gymnastics.sport/site/pages/education-agegroup.php>

<https://www.gymnastics.sport/site/pages/education/agegroup-mag-manual-e.pdf>

<https://www.gymnastics.sport/site/pages/education/agegroup-wag-manual-e.pdf>