

GYMNASTICS BOX HORSE

Kindergarten to Grade 9

EQUIPMENT	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
KINDERGARTEN TO GRADE 9			
Use velcro mats to designate the landing.	<p>Design floor plan to allow enough space around each piece of apparatus for safety of movement.</p> <p>Design floor plan to allow for landings at safe distances away from walls and other equipment.</p> <p>Remove excess furniture and equipment (e.g., tables and chairs) from perimeter of gym.</p>	<p>No aerial somersaults off the box horse.</p> <p>Use a box horse that is a suitable height for students (e.g., below shoulder height) and appropriate to the activity.</p> <p>Teach skills in proper progression.</p>	Provide on-site supervision.