



### Parallel Bars description

- \*Students start at one end with their hands behind the marked lines.
- \*Students raise themselves up with their arms only and “baby step” all the way to the other end of the bars without dropping or touching their feet in the mulch.
- \*When they get to the other end and their hands are past the designated lines on the red bars, they may jump past the line that exists between the two blue poles landing with both feet at the same time.
- \*Students may only get one rest (put both legs over top a red bar to one side) that lasts 8 seconds (1 Mississippi, 2 Mississippi, etc.) and must return to action before the teacher hits “8”.



**1 time from Blue poles to Blue poles with only one rest is a Bronze Level!**

**Doing a bronze, then immediately walking back around, and doing a Bronze a second time (only one rest) is a Silver Level!**

**Doing a Bronze, stopping at the end without dismounting and then going backwards is a Gold Level!**

\*Students who earn any of these levels will get their name on a certificate to be placed on the wall.

