



EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



Name: _____ Class: (day & time) _____ Coach: _____

Acro Individual Skills

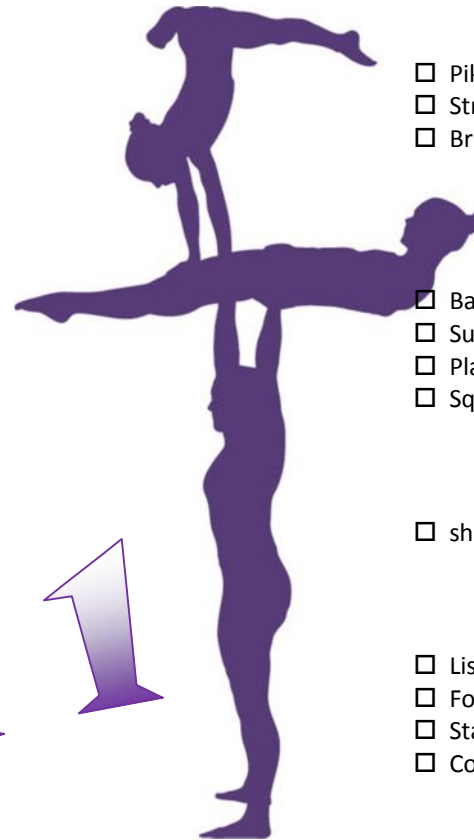
- Front roll from chees (with assistance)
- Front stork stand
- Basket on floor
- Plank walk
- Front, side and back kicks
- Bridge from floor – 3 secs

Acro Group Skills

- Front stork in pair (hold hands)
- Front table stand on partner's front table
- Plank hold (partner on back)



Acrobatic Level 1



Flexibility Goals

- Pike hold – 3 secs
- Straddle hold – 3 secs
- Bridge from floor (with assistance)

Strength Goals

- Banana hold – 10 secs
- Superman hold – 10 secs
- Plank hold on elbows – 10 secs
- Squats – 10

Agility

- shuttle run – 30 secs

Group Dynamic

- Listens to coach
- Follows instruction
- Stays with group
- Cooperates with peers

Completed Level

Session: Fall/Winter/ Spring

Year:

Continuing to work towards completing level