



EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



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

Acro Individual Skills

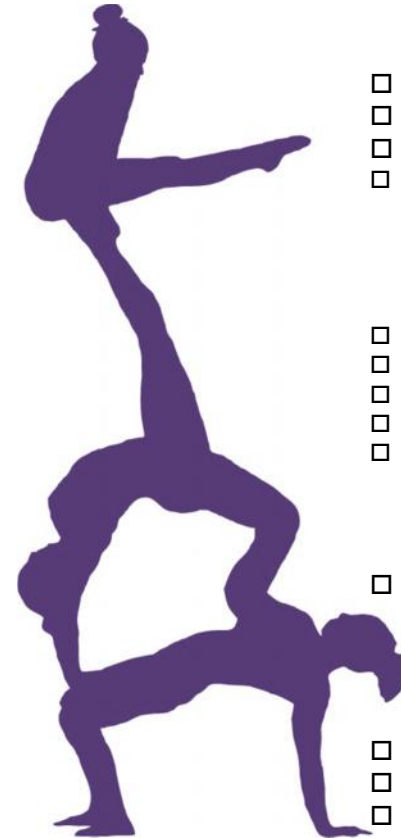
- Front roll from cheese
- Back roll from cheese (with assistance)
- Front stork stand
- Basket on floor (attempt to high)
- Long bridge from floor with legs apart
- Candle hold – 3 secs
- Scale by the wall

Acro Group Skills

- Front stork with back scale in pair (holding hands)
- Front table stand with top partner leg up
- Plank hold with top partner in basket



Acrobatic Level 2



Flexibility Goals

- Pike hold – 5 secs
- Straddle hold – 5 secs
- Bridge from floor
- Basket stretch – 5 secs

Strength Goals

- Banana hold – 10 secs
- Superman hold – 10 secs
- Plank hold on elbows – 10 secs
- Squats to block – 10
- Sit ups – 10

Agility

- Shuttle run – 45 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