



EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



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

Acro Individual Skills

- Front roll on floor
- Back roll from cheese (without assistance)
- Scale with support
- High Basket on floor
- Bridge (using wall to get up and down)
- Candle hold – 5 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 3



Flexibility Goals

- Deep pike hold – 8 secs
- Deep Straddle hold – 8 secs
- High basket – 5 secs
- Right split – 8 sec
- Left split – 8 sec
- Frog stretch – 8 secs

Strength Goals

- Banana hold – 12secs
- Superman hold – 12secs
- Plank hold on elbows – 12 secs
- Frog jumps – 12
- Sit ups – 12

Agility

- Shuttle run – 1 min

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