



EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



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

Acro Individual Skills

- Front roll on floor + straight jump
- Backward roll on floor (some assistance)
- Scale without support
- Headstand by the block
- Bridge down without assistance
- Bridge up with assistance
- Candle hold 6 secs

Acro Group Skills

- Back scale in pair holding hands
- Front table stands with top with one leg up & one arm up (both sides)
- Stand on partners knee with hand support
- Candle stand with top in stork stand & holding base partner's leg

Flexibility Goals

- Deep hold 10 secs
- Deep straddle hold 10 secs
- Long bridge stretch – 10 secs
- Right splits – 10 secs
- Left splits – 10 secs
- Middle splits – 10 sec

Strength Goals

- Tuck ups – 10
- Superman hold – 14 secs
- Push ups – 8
- Frog jumps – 12
- Sit ups - 14

Agility

- Shuttle run – 1 min

Group Dynamic

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

CONGRATULATIONS!

Acrobatic
Level 4



Completed Level

Session: Fall/Winter/ Spring

Year:

Continuing to work towards completing level