



EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



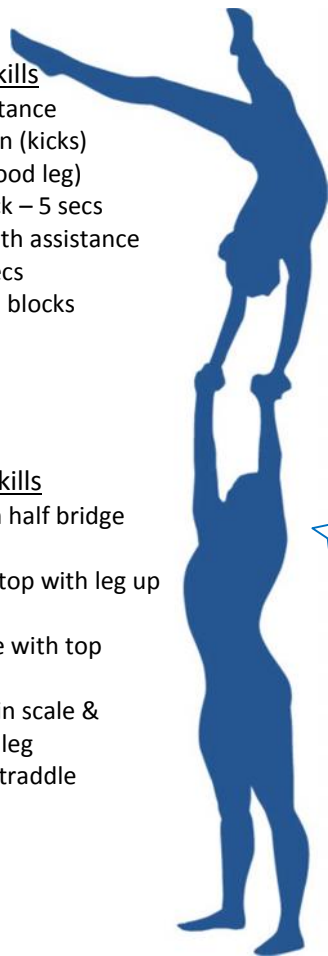
Name: _____ Class: (day & time) _____ Coach: _____

Acro Individual Skills

- Front limber with assistance
- Back limber preparation (kicks)
- Cartwheel attempts (good leg)
- Head stand by the block – 5 secs
- Bridge down and up with assistance
- Long bridge hold – 3 secs
- Handstands to the wall blocks

Acro Group Skills

- Base in bridge, top is in half bridge with hands on hips
- Front table stand with top with leg up & 1 arm up (both)
- Stand on partners knee with top partner arm sideways
- Candle stand with top in scale & holding base partner's leg
- Base on knees, top in straddle (attempt)



Acrobatic Level 5

Flexibility Goals

- Deep pike stretch (5 + pike hold 10 secs)
- Deep straddle stretch (5 + straddle hold 10 secs)
- Long bridge stretch – 12 secs
- Shoulder stretch from block – 10 secs
- Right splits – 12 secs
- Left splits – 12 secs
- Middle splits – 12 sec

Strength Goals

- Tuck ups – 12
- Back lifts – 10
- Push ups – 10
- Frog jumps – 14
- Sit ups - 15

Agility

- Shuttle run or skipping – 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