



# EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



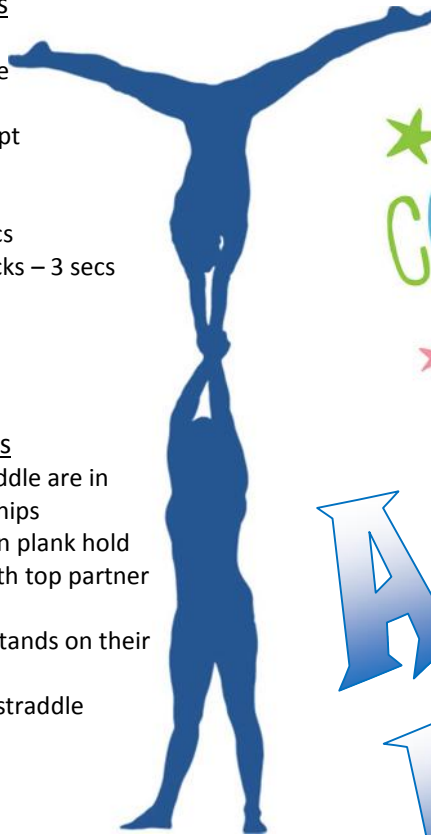
Name: \_\_\_\_\_ Class: (day & time) \_\_\_\_\_ Coach: \_\_\_\_\_

### Acro Individual Skills

- Front limber
- Back limber with assistance
- Cartwheel good leg
- Cartwheel other leg attempt
- Tripod – 3 secs
- Pop ups to plank position
- Headstand attempt – 3 secs
- Handstand to the wall blocks – 3 secs

### Acro Group Skills

- Base in bridge, top and middle are in half bridge with hands on hips
- Base on floor holding top in plank hold
- Stand on partners knee with top partner leg in attitude
- 2 bases on one knee, top stands on their knees with support
- Base on knees hold top in straddle



CONGRATULATIONS!

# Acrobatic Level 6

### Flexibility Goals

- Deep pike stretch (6 + pike hold 10 secs)
- Deep straddle stretch (6 + straddle hold 10 secs)
- Short bridge (hands close to feet)
- Shoulder stretch from block – 10 secs
- Right splits – 14 secs
- Left splits – 14 secs
- Middle splits – 14 sec
- Min one leg split close to floor

### Strength Goals

- Tuck ups – 14
- Back lifts – 12
- Push ups – 12
- Box jumps - 20
- Sit ups - 15

### Agility

- Skipping 1 min 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