



EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



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

Acro Individual Skills

- Front limber without assistance
- Back limber with assistance
- Cartwheel right leg
- Cartwheel left leg
- Tripod – 3 secs
- Attempt to front walkover
- Back walkover with assistance
- Headstand 3 secs
- Handstand to the wall blocks – 10 secs
- Straddle and pike hold – 5 secs

Acro Group Skills

- Scale stand with holding partner's hands 3 secs
- Base on floor holding top in back angel with hand support
- Stand on partners knee dismount jump with hand support
- 2 bases on one knee, top stands on their knees with no support
- Base on knees hold top in straddle
- Base on knees top cartwheel to handstand on base's knee
- Plank hold on a plank hold
- Attempt to boost jump with base supporting top's arms
- Two cartwheels synchronized with one partner

Flexibility Goals

- Deep pike stretch (10 + pike hold 12 secs)
- Deep straddle stretch (10 + straddle hold 12 secs)
- Long bridge with straight legs together 5 secs
- Short bridge hands close to feet – 5 secs
- Right splits – 15 secs
- Left splits – 15 secs
- Middle splits – 15 sec
- 2 out of 3 splits close to floor

Strength Goals

- Tuck ups – 20
- Squats to block - 20
- Back Lifts - 20
- Plank hold – 40 sec
- Push ups – 15
- Box jumps - 25
- Sit ups – 20

Agility

- Skipping 2 mins

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