



EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



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

Kindergym Level 1

Static & Dynamic

- Motorcycle stop
- Tuck, Pike & Straddle
- Front support
- Rear support
- Standing on 1 foot
- Animal walks
- Galloping
- 2 feet jumping

Trampoline

- jump to motorcycle stop
- 5 straight jumps
- shape jumps

Group Dynamic

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



Bars

- Long hang jump to motorcycle stop
- Front support
- Chin up hold (assisted)
- Pike & Straddle sole hang

Beam

- Jump off low beam to motorcycle stop
- Forward walking on low beam
- sideways walking on low beam

Floor

- front roll down incline (assisted)
- baby bridge (assisted)
- pike handstand, legs on block

Rope

- Stand and hold
- Tuck or straddle hold

*Athletes are only eligible to move into the next level if they have no more than two missed skills.

Session: Fall/Winter/ Spring Year:

Completed Kinder Level

Continuing to work towards completing kinder level