



EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



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

Kindergym Level 2

Static & Dynamic

- Jump off block to motorcycle stop
- Straddle walk (hands then feet)
- Front support feet on block
- Rear support feet on block
- jumping on 1 foot
- Skipping

Trampoline

- 5 jumps to motorcycle stop
- Tuck jumps
- Seat drop stand up
- Star jumps

Group Dynamic

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



Bars

- Monkey walk (assisted)
- Front support baby casts
- Chin up hold (3 secs)
- Tuck hang
- Tuck hold on P-Bars

Beam

- Jump off beam to motorcycle stop
- backward walking on low beam
- Sideways walking on beam
- Tuck hold on low beam

Floor

- front roll
- Bridge with feet on block
- Pike handstand, toes on block
- Donkey kicks with legs together

Rope

- Straddle hold
- ¼ rope climb (assisted)

*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