



EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



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

Kindergym Level 3

Static & Dynamic

- Pike walk (hands then feet)
- Side support (both sides)
- Jumping on 1 foot (half floor)
- Tuck and star jump
- Jump off big blue block to motorcycle stop

Trampoline

- 10 jumps to motorcycle stop
- Jump ¼ turn
- Jump ½ turn
- Doggy drop on mat

Group Dynamic

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



Bars

- Monkey walk
- Front support cast off bar
- 3 Chin ups assisted from hand
- Pike and straddle hang
- Tuck hold on P-Bars (3 secs)

Beam

- Climb up to medium beam and stand
- Forward walking on beam (assisted)
- Bunny hops on low beam
- Tuck hold on low beam (3 secs)

Floor

- Back roll down incline (assisted)
- Bridge with head off ground
- 45 degree handstand against wall
- Lunge both legs
- Baby cartwheel over folding mat

Rope

- Pike hold
- ¼ rope climb

*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