



EAST YORK GYMNASTICS CLUB

PURPOSE, PERSEVERANCE & PRESENCE



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

Kindergym Level 4

Static & Dynamic

- Inch worm hold
- Long jumps (half floor)
- Side support feet on block
- Jump ½ turn
- 2 consecutive shape jumps

Trampoline

- Shape jump to motorcycle stop
- Seat drop to doggie drop
- Stomach drop position (static)
- Jump full turn

Group Dynamic

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



Bars

- 1 chin up
- Front roll off low bar (assisted)
- 3 Leg lifts (assisted)
- Monkey walk tight body
- Hip pullover (assisted)

Beam

- Forward walking on medium beam
- Backward walking on beam (assisted)
- Sideways walking on medium beam
- Forward walking on toes on low beam
- V-sit and knee scale

Floor

- Back roll down incline
- Bridge
- 90 degree handstand against wall
- Cartwheel

Rope

- ½ 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