

Level 1 and Level 2

	3	4	5	6	7	8	9
	<u>Gymnastics</u>	<u>Gymnastics</u>	<u>Gymnastics</u>	<u>Gymnastics</u>	<u>Gymnastics</u>	<u>Gymnastics</u>	<u>Gymnastics</u>
1. Log roll down crash mat		1. Forward roll down crash mat	1. Egg roll down crash mat	1. Forward roll down crash mat	1. Forward roll down crash mat	1. Forward roll down crash mat	P E R F O R M A N C E Students perform skills to another grade and be an audience for another grade
2. Bunny hop onto vault from springboard then jump and land	2. Bunny hop onto vault from springboard then jump and land	2. Run/bunny hop onto vault from springboard, then jump and land	2. Run onto springboard, straddle jump and land from vault	2. Run onto springboard, straddle jump and land from vault	2. Run onto springboard, straddle jump and land from vault	2. Run onto springboard, straddle jump and land from vault	
3. Crab walk over domes 'jellyfish'	3. Crab walk over domes 'jellyfish'	3. Bunny hop along/over bench	3. Mini cartwheel over bench	3. Mini cartwheel over bench	3. Mini cartwheel over bench	3. Mini cartwheel over bench	
4. Kangaroo jump over 5 lines	4. Kangaroo jump over 5 lines	4. Wall walk handstand	4. Wall walk handstand	4. Wall walk handstand	4. Wall walk handstand	4. Wall walk handstand	
5. Walk along beam and land in hoop	5. Walk along beam and land in hoop	5. Walk along beam, balance in hoop and land in hoop	5. Walk along beam, balance in hoop and land in hoop	5. Walk along beam, balance in hoop and land in hoop	5. Walk along beam, balance in hoop and land in hoop	5. Walk along beam, balance, in ½ turn and land	
6. Individual and partner balances	6. Individual and partner balances	6. Individual and partner balances	6. Individual and partner balances	6. Individual and partner balances	6. Individual and partner balances	6. Individual and partner balances	
Song/dance – 9999	Song/dance – Five Fit Monsters	Song/dance – Is that you Statue?	Song/dance – Seven Jumps	Song/dance – The Limbo	Song/dance – The Limbo	Paracri...	

SAMPLE