

Level 1 and Level 2

		3	4	5	6	7	8	9
ĺ		۰ic <u>s</u>	<u>Gymnastics</u>	<u>Gymnastics</u>	<u>Gymnastics</u>	<u>Gymnastics</u>	<u>Gymnastics</u>	<u>Gymnastics</u>
1. Log ron down crash mat 2. Bunny hop	2. Burn		roll פר ^י sh	1. Egg roll down crash mat ` Run/bunny	 Forward roll down crash mat Run onto 	 Forward roll down crash mat Run onto 	1. Forward roll down crash mat 2. Run onto	P E R
onto vault from springboard then jump and land	onto vault . springboard then jump and land	ັ anu vault	51	rnto rrd,	springboard, straddle jump and land from vault	springboard, straddle jump and land from vault	springboard, straddle jump and land from vault	F O R M
3. Crab walkover domes'jellyfish'4. Kangaroo	 Crab walk over domes 'jellyfish' Kangaroo 	3. Bunny hop along/over bench	ia benu		'over	3. Mini cartwheel over bench `\/all walk	 Mini cartwheel over bench Wall walk 	A N C E
jump over 5 lines 5. Walk along	jump over 5 lines 5. Walk along	4. Wall walk handstand 5. Walk along	4. Wall walk handstand 5. Walk along	5. Wa		'and	5. Walk along	Students
beam and land in hoop 6. Individual	beam and land in hoop 6. Individual	beam, balance in hoop and land in hoop	beam, balance in hoop and land in hoop	beam, ba. in hoop and land in hoop	6		י ½ turn ר	perform skills to another grade and be an audience for
and partner balances	and partner balances	6. Individual and partner balances	6. Individual and partner balances	6. Individual and partner balances	pyran. balances			nother grade י
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	Parach	<u> </u>	