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# CURRICULUM ASSESSMENTS

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## Beginner 2

### Block 1 Skills

- WK 1 - Safety stop on trampoline
- WK 2 - Bunny hops on floor
- WK 3 - Bear walk on p-bars
- WK 4 - Sprint and jump into PIT landing in safety tuck
- WK 5 - Hang no re grip - 10 seconds
- WK 6 - Backward jump off box to MBL
- WK 7 - Tuck handstand
- WK 8 - Walk backwards on low beam
- WK 9 - Half dish & arch star shape - 3 sec
- WK 10 - Front & Back Support - 5 sec

Skills for Life



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# CURRICULUM ASSESSMENTS

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## Beginner 2

### Block 2 Skills

- **WK 1** - Walk full length of high beam and MB landing
- **WK 2** - Bridge hold on cylinder (10 seconds)
- **WK 3** - Bent knee swings x3 (No re grip)
- **WK 4** - Long hang, tuck hang ( 3 second hold each shape)
- **WK 5** - Front support on bar
- **WK 6** - Seat drop on trampoline x5
- **WK 7** - Backwards jump over noodle to MB
- **WK 8** - Turn through front, side & back support
- **WK 9** - Bear & crab walks
- **WK 10** - Wall sit (10 Seconds)

Skills for Life



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# CURRICULUM ASSESSMENTS

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## Beginner 2

### Block 3 Skills

- **WK 1** - Step over bean bags on high beam
- **WK 2** - Scorpion
- **WK 3** - Front support on bar - With leg swings
- **WK 4** - 3x Rings swings
- **WK 5** - Jump to chin up momentary hold
- **WK 6** - Shoulder stand to tuck sit
- **WK 7** - Stork stand on medium beam
- **WK 8** - 10 forward rebounds on tramp
- **WK 9** - Bear walk on floor
- **WK 10** - Kneeling lean backs

Skills for Life