



CURRICULUM ASSESSMENTS

Beginner 2

Block 1 Skills

- WK 1 - Backward jump of 30cm box to MB
- WK 2 - Bear walk on P-Bars
- WK 3 - 2x Rocking horse to tuck sit
- WK 4 - Side support (5 seconds each side)
- WK 5 - Hang no re grip - 10 seconds
- WK 6 - Safety stop on trampoline
- WK 7 - Walk backwards on low beam
- WK 8 - Bunny hops on floor
- WK 9 - 10 metre sprint
- WK 10 - Tuck handstand

Skills for Life



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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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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