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## CURRICULUM ASSESSMENTS

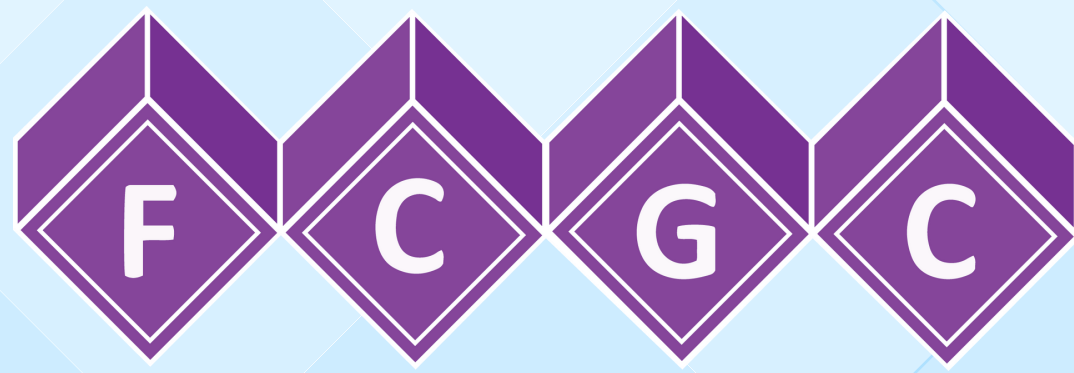
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# GymSkills 1

### Block 1 Skills

- WK 1 - Crab walk on P-Bars
- WK 2 - Squat (frog) jumps x5
- WK 3 - Kick up to inverted hang
- WK 4 - Forward roll over the bar drill
- WK 5 - Forwards roll down wedge
- WK 6 - Re-grip swing drill with rope
- WK 7 - Star forwards roll down wedge
- WK 8 - Bunny hops on low beam
- WK 9 - Shoulder stand- Stand without hands
- WK 10 - Straight jump MB landing

Skills for Life



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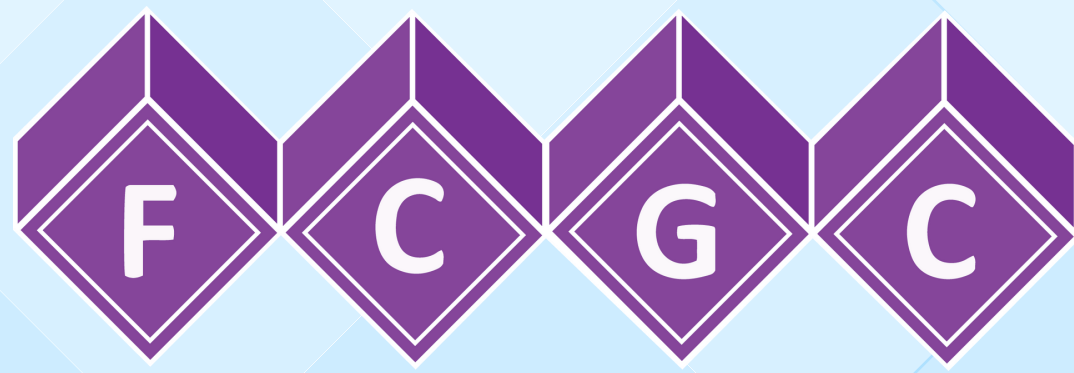
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# GymSkills 1

### Block 2 Skills

- **WK 1** - Star Cartwheel
- **WK 2** - Walk backwards on medium beam
- **WK 3** - Dish and Arch (3 Seconds)
- **WK 4** - Bent knee swing with re-grip
- **WK 5** - Crab shape, twist to touch wall
- **WK 6** - Front support & back support (5 secs)
- **WK 7** - Backward roll down wedge
- **WK 8** - Small tuck handstand on low beam
- **WK 9** - Hang no re-grip (15 seconds)
- **WK 10** - Forward walking on toes (high beam)

Skills for Life



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## CURRICULUM ASSESSMENTS

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# GymSkills 1

### Block 3 Skills

- **WK 1** - Crab to bear & Swing from bear to crab
- **WK 2** - Beam sequence on high beam
- **WK 3** - Long hang & Tuck hang (3 secs, no break)
- **WK 4** - Jump to front support with straight arms
- **WK 5** - Handstand against wall (5 Seconds)
- **WK 6** - 3 bent knee swings with re grip
- **WK 7** - Half handstand
- **WK 8** - Tuck, kick forwards to 3 small swings
- **WK 9** - Star forward roll to tuck sit
- **WK 10** - Rebound on board x3 with straight jump off

Skills for Life