



CURRICULUM ASSESSMENTS

GymSkills 2

Block 1 Skills

- WK 1 - Straddle sole hang
- WK 2 - Beam sequence on high beam
- WK 3 - Handstand against wall (10 seconds)
- WK 4 - Leg kicks to horizontal on medium beam
- WK 5 - Dish & Arch (5 seconds)
- WK 6 - Chin up hold (3 seconds)
- WK 7 - Forward roll over bar with spot
- WK 8 - Small tuck handstand on medium beam
- WK 9 - Soldier fall
- WK 10 - Push up x3 (showing front support)

Skills for Life



CURRICULUM ASSESSMENTS

GymSkills 2

Block 2 Skills

- WK 1 - Handstand
- WK 2 - Straight jump on high beam
- WK 3 - Tuck support on P-Bars - 3 seconds
- WK 4 - Lift legs to momentary L hang
- WK 5 - Spotted swing to inverted hang
- WK 6 - Run, rebound on board, land on block
- WK 7 - Front support with feet raised (15 secs)
- WK 8 - Half turn on one foot
- WK 9 - Star jump to MB landing
- WK 10 - Burpees x5

Skills for Life



CURRICULUM ASSESSMENTS

GymSkills 2

Block 3 Skills

- WK 1 - Cartwheel to lunge
- WK 2 - Small tuck handstand on high beam
- WK 3 - Forward roll to stand
- WK 4 - Pull over with spot
- WK 5 - Swing to inverted & tuck inverted
- WK 6 - Bridge with feet raised on 30cm box
- WK 7 - Tuck hold (2 secs), Kick into 3 swings
- WK 8 - 2 small casts & cast away dismount
- WK 9 - Rebound dive roll down wedge
- WK 10 - Handstand on board (spotted)

Skills for Life