



CURRICULUM ASSESSMENTS

GymSkills 3

Block 1 Skills

- **WK 1** - Scorpion on low beam
- **WK 2** - Swing to stride support (3 seconds)
- **WK 3** - Jump to chin up (3 seconds hold)
- **WK 4** - L hang (3 seconds)
- **WK 5** - Spotted handstand flat back
- **WK 6** - Backward roll to angry cat down wedge
- **WK 7** - Tuck jump, star jump
- **WK 8** - Back drop on tramp
- **WK 9** - Forward roll over bar
- **WK 10** - Cartwheel with T - hands

Skills for Life



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Block 2 Skills

- **WK 1** - Arabesque on high beam (3 secs)
- **WK 2** - Bridge
- **WK 3** - Forward roll to tuck hang (3 secs)
- **WK 4** - Cast feet to box
- **WK 5** - 5 x long swings with re-grip
- **WK 6** - Handstand against wall (15 secs)
- **WK 7** - Beam sequence on high beam
- **WK 8** - Dish & Arch (10 secs)
- **WK 9** - Vault sequence
- **WK 10** - Donkey kicks on tumble tramp

Skills for Life



CURRICULUM ASSESSMENTS

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Block 3 Skills

- **WK 1** - Scorpion on high beam
- **WK 2** - 3 swings - Feet at bar height
- **WK 3** - Glide swing
- **WK 4** - Front over on tramp
- **WK 5** - Handstand flat back
- **WK 6** - Half, half turn
- **WK 7** - Pull over
- **WK 8** - Ring sequence
- **WK 9** - Cast to above 60 degrees below horizontal
- **WK 10** - Backward roll to angry cat

Skills for Life