



CURRICULUM ASSESSMENTS

GymSkills 4

Block 1 Skills

- **WK 1** - Rope climb (4 hand movements)
- **WK 2** - 5 beat swings
- **WK 3** - Bridge
- **WK 4** - P- Bar swings (feet & body above bar height)
- **WK 5** - 3 rebounding mule kicks to handstand flatback
- **WK 6** - Jump to straddle sole swings
- **WK 7** - 2 x seal roll holding dish & arch (5 secs)
- **WK 8** - Back over on trampoline
- **WK 9** - Low bar- Jump to high bar drill
- **WK 10** - Handstand forward roll onto block

Skills for Life



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Block 2 Skills

- WK 1 - Half handstand on low beam
- WK 2 - Front sault to tuck sit at height
- WK 3 - 3 continuous casts
- WK 4 - Round off from height to floor
- WK 5 - Handstand against wall (20secs)
- WK 6 - 1 full leg lift
- WK 7 - Pullover, immediate cast
- WK 8 - 1 Chin up
- WK 9 - Half turn on one foot on low beam
- WK 10 - 10 tuck jumps on crash mat

Skills for Life



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Block 3 Skills

- **WK 1** - Half handstand on medium beam
- **WK 2** - Forward roll, cartwheel connection
- **WK 3** - Spotted handspring flatback
- **WK 4** - Straddle travel on P-bars
- **WK 5** - Rings swings x3
- **WK 6** - Cartwheel, backward roll to front support
- **WK 7** - Jump from low bar to high bar drill
- **WK 8** - Front over immediate back over on tramp
- **WK 9** - Glide swing, tuck swing
- **WK 10** - Full turn on one foot

Skills for Life