

FLOOR GYMNASTICS

Y5

- Execute an arabesque with correct form and technique.
- Execute a forward roll with correct form and technique.
- Execute a tuck jump from apparatus with correct form and technique
- Execute a full spin linking move with correct form and technique.
- Create a group balance with 5 people, with all people linked together in some way.

Y3

- Execute a teddy bear roll with correct form and technique.
- Execute a dish balance with correct form and technique.
- Execute a stork stand on the mat with correct form and technique.
- Execute a star jump from apparatus with a safe and secure landing.
- Land correctly when jumping off a medium/high piece of apparatus.
- Execute a forward, straight leg linking step with correct form and technique..
- Execute a backwards, straight leg linking step with correct form and technique.
- Demonstrate basic counter balances with a partner on the mat.
- Demonstrate basic counter balances with a partner on apparatus.

Y6

- Demonstrate dynamic movements, using apparatus as an obstacle.
- Execute a cartwheel linking move with correct form and technique.
- Execute a straddle jump from apparatus with correct form and technique.
- Execute a headstand with correct form and technique.
- Demonstrate dynamic movements, using partner as an obstacle.
- Create a group balance with 6 people, with all people linked together in some way
- Complete a 14 piece sequence including 4 different components.
- Evaluate the performance of others and offer constructive feedback for improvement.

Y4

- Execute a bent leg linking move with correct form and technique.
- Execute a side roll with correct form and technique.
- Execute a shoulder balance with correct form and technique.
- Execute a full turn jump with correct form and technique from apparatus.
- Execute a half turn jump with correct form and technique from apparatus.
- Create a group balance with 4 people, with all people linked together in some way.
- Demonstrate advanced counter balances with one partner off the ground.
- Complete a 7 piece sequence including a minimum of 2 different components.

