

## Boys Gym Pros – Learning Criteria

Apparatus	Skills required to achieve in this level
<b>Floor Exercise</b>	<ul style="list-style-type: none"> <li>• Forwards Roll x2</li> <li>• Handstand</li> <li>• Arabesque</li> <li>• Cartwheel</li> <li>• Backward Roll</li> <li>• Bridge</li> </ul>
<b>Pommel</b>	<ul style="list-style-type: none"> <li>• Scissor Swings x 5</li> <li>• Single leg in and out</li> <li>• Push ups x2 roll over back support</li> <li>• Round the World</li> </ul>
<b>Rings</b>	<ul style="list-style-type: none"> <li>• Swings x 5</li> <li>• Inverted Hang</li> <li>• Chin up swings x 3</li> </ul>
<b>Vault</b>	<ul style="list-style-type: none"> <li>• Straight Jump</li> <li>• Dive Roll</li> <li>• Handstand Flat Back</li> </ul>
<b>P-Bars</b>	<ul style="list-style-type: none"> <li>• Tuck Hold</li> <li>• Swings x 3</li> <li>• Penguin Walks</li> </ul>
<b>High Bar</b>	<ul style="list-style-type: none"> <li>• L Hang</li> <li>• Fish Taps x 5</li> <li>• Pullover</li> <li>• Casts x3</li> </ul>
<b>Trampoline</b>	<ul style="list-style-type: none"> <li>• Front Somersault</li> <li>• Peanut Roll</li> <li>• Jump Combinations.</li> </ul>
<b>Strength and Conditioning</b>	<ul style="list-style-type: none"> <li>• Dish hold 30 seconds turn over to Arch hold 30 seconds</li> <li>• Plank hold - 45 seconds</li> <li>• Push ups - 10</li> <li>• Sit ups - 20</li> <li>• Rope climb – to the top using their feet</li> <li>• Wall handstand – 40 seconds</li> </ul>