

## Girls Gym Pros – Learning Criteria

Apparatus	Skills Required to achieve in this level
<b>Floor Exercise</b>	<ul style="list-style-type: none"> <li>• 2 x forward rolls</li> <li>• Full Handstand</li> <li>• Straight jump, tuck jump</li> <li>• Cartwheel to star</li> <li>• Step kicks (forwards), step hops forwards, spring steps</li> <li>• Bridge hold</li> </ul>
<b>Vault</b>	<ul style="list-style-type: none"> <li>• Hurdle on to beat-board, assorted jumps on to crash matt (30cm)</li> <li>• Hurdle, arm circle</li> <li>• Handstand flatback</li> </ul>
<b>Uneven Bars</b>	<ul style="list-style-type: none"> <li>• 3 x tuck swings with re-grips</li> <li>• Jump to front support, hold for 3 seconds</li> <li>• 3 x casts</li> <li>• Forward roll to tuck hang</li> <li>• Hanging half turn on high bar</li> </ul>
<b>Balance Beam</b>	<ul style="list-style-type: none"> <li>• Mount: jump to front support hold, lift leg over to sit, swing legs backwards to land on one knee with other leg straight. Lift leg to kneel before standing up</li> <li>• Point steps both forwards and backwards</li> <li>• Releve walks forwards</li> <li>• Forward passe walks</li> <li>• Half turn on releve</li> <li>• Straight Jump</li> <li>• Step into straight jump dismount</li> </ul>
<b>Trampoline</b>	<ul style="list-style-type: none"> <li>• Basic Jumps: straight, tuck, star, pike jumps</li> <li>• Half and Full turns</li> <li>• Peanut roll into pit</li> <li>• Mummy Drop</li> </ul>
<b>Strength and Conditioning</b>	<ul style="list-style-type: none"> <li>• Dish hold 20 seconds turn over to Arch hold 20 seconds</li> <li>• Plank hold - 30 seconds</li> <li>• Push ups - 5</li> <li>• Sit ups - 10</li> <li>• Rope climb – half way using their feet</li> <li>• Wall handstand – 20 seconds</li> </ul>