

# INSPIRED GYMNASTICS

## GYMNASTS NAME



	MOVE	DATE/SIGNED
<b>LEVEL 8</b>	1.High Knees 30 seconds	
	2. Shapes- tuck, pike, straddle, stretch	
	3. Front and Back support	
	4. Run & Jump in and out of a hoop	
	5. 1 footed balance on both legs	
	6. Bunny Hop	
	7. Rock Back and Forth in Tuck	
	8. Walk forward along bench or floor beam tip toes	
	9. Stand and present like a gymnast	
<b>LEVEL 7</b>	1.Mountain Climbers 30 seconds	
	2. Bent Leg Dish 10 seconds -3 times	
	3. Back Support raise 1 leg and swap	
	4. 1 Footed Balance on beam or low beam	
	5. Front Support Jump in and Stretch Jump into Landing Shape	
	6. Rock Back and Forth in Pike and Straddle	
	7. Press up in front support and Back Support	
	8. Walk forward along bench or floor beam (tip toes), tum in the middle and walk backwards to the end	
	9. Stretch Jump and Tuck Jump into Landing Shape	
<b>LEVEL 6</b>	1.Jump Jump Squat 30 seconds	
	2.Dish to Arch hold each for 3 seconds -3 x	
	3. Travelling Bunny Hops	
	4. V-Sit Piked with hand support	
	5. Rock Backward and Forward to Stand up (no hands)	
	6. Arabesque	
	7. Front Support tum Side Support tum Back Support	
	8. Star Jump Landing Shape off a platform	
	9. Walk backwards along a bench or low beam	
<b>LEVEL 5</b>	1. 10 Star Jumps in a Row	
	2.Straddle Fold atleast 45 degrees	
	3. Split Handstand	
	4. Forward Roll down a slope	
	5. Bunny Hops side to side over a bench	
	6. Run -Springboard straight jump and landing shape	
	7. Cat Leaps	
	8. Bunk Beds Partner Balance	
	9.Front Support towards Handstand feet raised on a platform 30 secs	

	MOVE	DATE/SIGNED
<b>LEVEL 4</b>	1.Skip for 30 seconds	
	2.Shoulder Stand	
	3. Headstand just getting hands, head and bottom in the right position	
	4. Backward Roll down the slope	
	5. Side to side cartwheel over a bench (both legs)	
	6. Run, jump on a springboard, straddle jump.	
	7. Handstand against the wall atleast 10 second hold	
	8. Bridge	
	9. Forward Roll on the floor (no hands to stand)	
<b>LEVEL 3</b>	1.20 Burpies	
	2. Y Balance	
	3.Forward Chassis on both legs	
	4. Run jump on a springboard jump half tum	
	5. Tucked Headstand hold for 3 seconds	
	6. Cartwheel	
	7. Teddy Bear Roll	
	8. Trampet run stretch jump	
	9. Forward Roll to Straddle Stand	
<b>LEVEL 2</b>	1. Jumping on and off a platform 30 seconds (no hands)	
	2. Frog balance	
	3. Bridge Straight legs	
	4. Full Tum Jump	
	5. Straight leg Headstand	
	6. Backward Roll on the floor	
	7. Handstand with coach support	
	8. Hurdle Step	
	9. 1 Handed Cartwheel	
<b>LEVEL 1</b>	1. Dish Hold 1 minute	
	2. Bridge - 1 Leg Raised and Swap	
	3. Handstand against the wall-Forward Roll out	
	4. Handstand on the floor (no support)	
	5. Hurdle Step Roundoff	
	6. Backward Roll to Straddle	
	7. Bridge kick over down slope or off platform	
	8. 5 Move sequence with Partner	
	9. Chassis Split Leap	