

# LEVEL 1 GYMNASTICS

## Level 1 Skills

### Fundamentals

- Be able to rock and roll on spot with legs together
- Be able to rock and roll with legs together and stand up
- Be able to push into bridge for 3 seconds
- Be able to balance on one foot for 5 seconds
- Be able to hold a front support for 3 seconds
- Be able to hold a back support for 3 seconds
- Be able to hold a shoulder stand for 3 seconds
- Be able to bunny hop along floor

### Bars

- Be able to hold 3 shapes from bar
- Be able to travel along the high bar holding a tight straight shape
- Be able to confidently swing on high bar
- Be able to forward circle dismount from low bar to floor

### Beam

- Be able to walk along beam unaided
- Be able to do a half turn on beam unaided
- Be able to mount beam
- Be able to jump from beam unaided

### Floor

- Be able to do a pencil roll
- Be able to do a circle roll
- Be able to do a forward roll to tuck sit
- Be able to do a forward roll
- Be able to bunny hop over bench
- Be able to complete cartwheel action over bench
- Be able to hold raised front support for 5 seconds

### Vault

- Be able to do straight jump on spot
- Be able to jump from two feet from springboard
- Be able to squat on to low platform



## Gymnastics Awards available within Level 1



Award 1



Award 2

