

LEVEL 2 GYMNASTICS

Level 2 Skills

Fundamentals

- Be able to show lunges and splits attempt with correct technique
- Be able to hold a crouch balance for 5 seconds
- Be able to hold partner counter balance with partner for 5 seconds
- Be able to hold tucked headstand for 5 seconds
- Be able to hold v-sit for 5 seconds
- Be able to hold bridge for 5 seconds
- Be able to hold bridge on floor with shoulders against block
- Be able to hold bridge with feet raised on 20cm platform

Bars

- Be able to complete 5 chin ups on bar with feet on platform
- Be able to backward hip circle on low bar
- Be able to cast to land on floor
- Be able to upward circle to low bar
- Be able to swing showing dish and arch shapes

Beam

- Be able to balance on one foot on beam unaided
- Be able to forward roll on low beam with support
- Be able to cartwheel off the beam
- Be able to squat onto beam
- Be able to show jumps on beam

Floor

- Be able to do forward roll to straddle stand
- Be able to do backward roll down slope to feet
- Be able to cartwheel on the floor
- Be able to do cartwheels along a line
- Be able to hold handstand (tummy) against the wall for 5 seconds

Vault

- Be able to land from a variety of heights
- Be able to jump showing different shapes with correct technique
- Be able to squat on straight jump off on platform from springboard



Gymnastics Awards available within Level 2



Award 3



Award 4

