

POWER KID GIRLS

Vault

- Swing, straight jump (on ground)
- Smash, swing, straight jump (on the ground)
- Rebounds
- Smash, swing, straight jump (off trapezoid to 1 - 8in mat)
- Run, smash, swing, straight jump (1 - 8in mat)

Uneven Bars

- Front support, roll down & up, forward roll dismount
- 3 Chin-ups (with block)
- Pull-Over (with coach)
- Candlestick hold (shoulder spot)
- 3 Casts (Straight arms, hips off bars)
- Straddle hang (hold or swing)
- 1 - 3 Proper Push Ups

Balance Beam

- Flat Foot Walks - Forward & Backward
- Releve' Lock - 5 Seconds
- Proper Lunge
- Push-Up Position
- Straight Jumps (over bean bags)
- Straight Jump Dismount & Safety Stop

Floor Exercise

- Forward Roll (no hands stand- up)
- Backward Roll
- Open Handstand
- Cartwheel (correct lunges)
- Bridge Balance (5 seconds, feet on trapezoid)

Gym Safety Skills

- Safe Landing Position
- Follow 3 Step Instructions
- Work Independently at Stations
- Take Turns
- Stays With the Class

