

POWER KID BOYS

Floor Exercise

- Forward Roll, no hands stand- up
- Backward Roll
- Tripod Balance
- Walk up wall to handstand, hold 3 sec. & roll out
- Open Handstand
- Cartwheel with correct lunges

Still Rings

- On medium rings - Straight Body Hang
- On medium rings - Chin up with spot, 3 sec. hold then controlled lower on own
- On medium rings - Tuck Hold for 3 sec.
- On medium rings - 5 swings with straight legs, stop & drop with safe landing
- On low rings - Flip Arounds
- On low rings - Candlestick hold 5 sec, flip around

Parallel Bars

- Straight Body Support Hold for 3 sec. on low parallel bars
- Tuck Support Hold for 3 sec. on low parallel bars
- 3 controlled Baby Swings with fold-up mat on low parallel bars
- 4 forward walk steps on low parallel bars

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)

Horizontal Bar

- 3 Chin-Ups with feet held
- 3 Casts with straight arms & legs up to blocks + 3 push ups
- Forward Roll Dismount, controlled
- Pull-Over with a block
- Candlestick on bar, 3 sec. hold, with shoulder support from coach
- 1 Half Turn

Gym Safety Skills

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

