

POWER KID BOYS

Floor Exercise

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

Pommel Horse

1/4 turning walk around on Mushroom,
holding 4 plank positions for 3 sec. each

Still Rings

On Medium Rings:
Straight Body Hang
Chin up with spot, 3 sec. hold,
then controlled lower on own
Tuck Hold for 3 sec.
5 swings with straight legs, stop & drop
with safe landing

On Low Rings:
Flip Arouds
Candlestick hold 5 sec, flip around

Gym Safety Skills

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

Vault

Swing, Straight Jump, on the ground
Swing, Tuck Jump, on the ground
Smash & Swing, Straight Jump, on the ground
From Trapezoid,
Smash & Swing, Straight Jump, using springboard
Run, Smash & Swing,
Straight Jump with springboard to 1-8" mat
Run, Smash & Swing,
Tuck Jump with springboard to 1-8" mat

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

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
1 Tap Swing

