

POWER KID GIRLS

Vault

Jump Concepts: Straight, Tuck and Straddle

Arm Swing + Hurdle (on floor)

Straight Jump with Arm Swing (off trapezoid)

Run, Hurdle, Straight Jump (8" mat)

Uneven Bars

Pull Over (with coach)

Candlestick Hold (with coach)

3 Casts

Roll Down, Roll Up

Forward Roll Dismount

Straddle Hold (swing)

3 Second Chin-Up Hold

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 (on floor)

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

