

ABILITY LEVELS

Skill to be performed proficiently, three consecutive times.

LEVEL 8 - Pre School / Parent & Todler

No	Description
01	Straddle sit, pike sit, tuck sit
02	Understand lie in star / straight / ball shape
03	Flamingo balance
04	Jump, land on feet
05	Complete warm up / stretch
06	Answer name on register
07	Walk forwards on low beam
08	Hang on bars

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LEVEL 7 - Pre School / Parent & Todler

No	Description
01	Weight on hands, bunny hop, return to feet
02	Skip sideways
03	Jump from box top, land on feet
04	Hang in tuck shape on bars
05	Walk forwards on high beam
06	Hopscotch pattern (2 feet together, 2 feet apart)
07	Forward roll down incline
08	Hop on either foot x3

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LEVEL 6 - Pre School / Independent

No	Description
01	Handstand, feet on wall
02	Squat on soft vault
03	Chasse x5
04	Jump & show landing shape
05	Hopscotch pattern (hop, jump)
06	Forward roll to lie flat
07	"Birdie" jumps on high beam x3
08	Chin up hold on bar, 3 seconds

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LEVEL 5 - Foundation & Pre School / Independent

No	Description
01	Bunny hop over low beam / bench
02	Dish & arch
03	Roll backwards and forwards to tuck sit
04	Front support, side support, back support
05	Front support on bars "parrot balance"
06	Hurdle step, jump, using springboard
07	Straight jump from box top, show landing shape
08	Forward roll

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LEVEL 4 - Foundation

No	Description
01	Bridge with good posture
02	Tuck jump, star jump, 1/2 turn jump
03	Headstand - tucked
04	Backward roll - tucked
05	Kick to handstand - join feet at top
06	Forward circle to chin up hold - bars
07	Squat on, straight jump
08	Straddle on, star jump

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LEVEL 3 - Foundation

No	Description
01	Backward roll - piked & straddle - table top
02	Forward roll to straddle - table top
03	Cartwheel - front to side
04	Cartwheel, 1/4 turn - finish feet together
05	Handstand forward roll
06	Upward circle
07	Squat through - vault (minimum - 50cm distance)
08	Straddle over - vault (minimum - 50cm distance)

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LEVEL 2 - Intermediate

No	Description
01	Round off
02	One handed cartwheel
03	Headstand - straight legs (pike up & straddle up)
04	"Back-bend" to bridge - kick over
05	Handstand to tight bridge, stand up
06	Double cartwheel
07	Swings x3 - bars (dish, arch, kick)
08	Squat on long - vault (hands at end)

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LEVEL 1 - Intermediate

No	Description
01	Backward walkover
02	Forward walkover
03	Backward roll to handstand (bent arms)
04	Full turn jump
05	Long vault (preferably squat through)
06	Cast, back hip circle
07	Cast to squat on, catch high bar
08	Cast to straddle undershoot

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