



# RECREATION

## PROGRESS REPORTS

At the end of Term 1 and Term 3, progression testing is conducted to allow families to see the development of their gymnasts, and to have an idea about the skills that are worked on during classes. Testing is progressive throughout the classes, and builds on skills from previous classes.

This testing is primarily used for families to have an understanding of what their gymnasts are learning, but it may also be used in talent identification for our squad programs.

## PROGRESSION SKILLS

### Prep & Grade 1

- 3 x tuck swings on low bar
- 1 x lap of walking on high beam
- 3 x bunny hops on floor
- Front support and side support on mushroom
- Fwd roll down wedge to stand
- 10 second dish and arch hold on floor
- Lunging on right and left leg

- 3 x glide swings with cylinder (regrip)
- Forward walking bwds kicks on high beam
- 3 x scorpion kicks on floor
- Front, side, back, side support hold on mushroom
- Bwd roll down wedge to angry cat
- 20 second dish and arch hold
- Splits min 130°

### Grade 2 & 3

### Grade 4 to 6

- 2 x glide swings
- Caterpillar walking on high beam
- Full handstand on floor
- Circle drill, jumping from each support hold on mushroom
- Bwd roll on floor to angry cat
- 5 x push ups, chin to touch floor
- Splits min 130° (approx. 20cm off floor)

- 3 x swings on high bar (regrip)
- 4 x needle kicks on high beam
- Handstand to bridge
- Bwds roll, on floor, to angry cat, straight arms
- 10 push ups, chin to touch floor
- Flat splits left, right OR middle

### Girls Junior Team

### Boys Junior Team

- 3 x swings on high bar (regrip)
- Circle drill, jumping from front to back support, back to front support
- Handstand forward roll
- Bwds roll, on floor, to angry cat with straight arms
- 5 x chin ups, on rings
- Flat splits, right, left OR middle

- 3 x swings with half turn dismount
- Scorpion kick on high beam
- Front handspring, hands on small box
- Bwds roll to front support with straight arms
- 5 x chin ups, no swing
- Flat splits at least two sides: right left middle

### Girls Senior Team

### Boys Senior Team

- 3 x swings half turn, continue swinging
- Circle attempt on mushroom
- Front handspring, hands on small box
- Backward roll to front support with straight arms
- 5 x chin ups on rings in L hold
- Flat splits at least two sides: right left middle