

GYMNASTICS CHALLENGE

CRIB SHEET

ROOKIE

- Log roll
- Front support
- Front support and raise one leg
- Return to tuck shape
- Egg roll
- Straight jump

BRONZE

- 2 bunny hops
- Exploding egg roll
- Straddle sit
- Teddy bear roll
- V sit in tuck
- Shoulder stand (hands on hips)
- Roll to stand

SILVER

- Forward roll to straddle sit
- Teddy Bear roll x2
- V sit
- ½ log roll to “aeroplane”
- Front support
- Side support
- Back support
- Shoulder stand (hands on hips)
- Roll to stand

GOLD

- Arabesque
- Forward roll to stand
- Jump half turn
- Cartwheel
- Step and turn
- V sit to aeroplane and return
- Shoulder stand arms on floor
- Roll to stand

PLATINUM

- Forward roll to straddle
- Front support to press up
- Handstand
- Jump half turn kick
- 1 handed cartwheel
- Jump full turn
- Round off

KEY SKILLS

- Log roll
- Egg roll
- Extended front support
- Straight jump

- Bunny hop
- Mini V-sit in tuck
- Egg roll with straddle
- Teddy bear roll
- Shoulder stand

- Forward roll to sit
- Aeroplane
- Front support rotating to back through side
- Shoulder stand
- V-sit

- Full forward roll
- Half turn jump
- Cartwheel
- V-sit controlled to aeroplane and return
- Rock and roll

- Forward roll to straddle
- Full turn jump
- One handed cartwheel
- Handstand
- Round off