



Level Progress System

We are starting up a new Level Progress System. This is so parents can see what their child has achieved and what they need to work or improve on to go up to the next level. This may also mean for your child to move up a class according to what level they are on. There are 10 levels (1-10). Each level will have 10 moves that your child will need to pass to move up to the next level. Every gymnast will need to start at level 1. Coaches will assess the gymnasts on the levels every 6-8 weeks and keep track on what level they are on for the next assessment. A certificate will be given out for each level that is passed.

Here are the levels and the moves that will need to be passed:

LEVEL 1

- * Walking on toes (legs must stay straight throughout)
- * Straight jump and land correctly
- * 3 rocks keeping in tucked position
- * Straddle sit (Straight legs, Pointed toes)
- * Basic balance (3 second hold)
- * Walking along the floor beam
- * Bunny hop
- * Jumping from hoop to hoop (feet must stay together)
- * Back support
- * Front support

LEVEL 2

- * Walking along the middle beam
- * Straight jump off a block and land correctly
- * 3 rocks and stand without using hand (feet together)
- * Pike fold (straight legs, pointed toes)
- * Arabesque (3 second hold)
- * Forward roll down the slope
- * Dish
- * Arch
- * High bunny hop
- * Squat jump

LEVEL 3

- * Walking along middle beam on toes
- * Tuck jump off a block and land correctly
- * Star jump on the air track
- * Forward roll
- * 5 sit ups with hands on ears
- * High kicks (straight legs, pointed Toes)
- * Side bunny hop (from hoop to hoop)
- * From standing squat on small block (onto feet)
- * Straight jump off the spring board (take off with 2 feet)
- * Bridge

LEVEL 4

- * Walking along the middle beam with a full turn half way
- * Straddle jump on air track
- * Tuck jump off the high beam and land correctly
- * Dive forward roll
- * Dish hold for 6 seconds
- * Arch hold for 6 seconds
- * Mini handstand (one leg up and kick off the floor)
- * Handstand up the wall (handstand to face the wall)
- * Squat on block from a spring board (onto feet)
- * Box splits (doesn't need to be flat, must be in line)

LEVEL 5

- * Walking along the high beam
- * Backward roll down the slope
- * Handstand with feet together
- * Star jump off high beam and land correctly
- * Pike jump on air track
- * 10 sit ups with hands on ears
- * 3 press ups
- * holding chin above the bar for 10 seconds
- * Bridge (feet together, legs straight)
- * Forward roll on the floor beam

LEVEL 6

- * Walking along the high beam with full turn half way
- * Backward roll
- * Cartwheel
- * Squat on from spring board onto the vault
- * Drop back to bridge onto a crash mat
- * 5 press ups
- * Japana (straight legs, pointed toes)
- * Arabesque on the middle beam (3 second hold)
- * 1 chin up
- * Straddle hold on rope for 10 seconds

LEVEL 7

- * Handstand flat on air track
- * Handstand forward roll
- * Round-off
- * 5 swings on bar with regrasps
- * Drop back to bridge
- * 3 chin ups
- * 20 sit ups with hands by ears
- * Being able to perform your own warm up
- * Forward roll on the middle beam
- * Shuttle runs for 40 seconds without stopping

LEVEL 8

- * Round-off off the middle beam
- * Bridge with a lifted leg (must be held straight in the air)
- * Kick over from bridge off the slope
- * Pike to pike backward roll
- * Jump to handstand from spring board onto block
- * Climb the rope half way up
- * Handstand showing good posture
- * Shuttle runs for 50 seconds without stopping
- * Forward roll on high beam
- * Cartwheel on floor beam

LEVEL 9

- * Handstand on middle beam
- * 5 casts on the bar
- * Jump to handstand on vault from spring board
- * 1 handed cartwheel
- * Kick over from bridge
- * Splits flat to the floor (any leg)
- * 30 sit ups with hands on ears
- * Stand up from bridge
- * 10 press ups
- * Straddle lever on the beam for 3 seconds (legs level with the beam or higher)

LEVEL 10

- * Handstand on high beam
- * Cartwheel on middle beam
- * Circle up on bar
- * Handspring off the vault
- * Straddle lever on the floor (3 second hold)
- * Y balance for 3 seconds
- * Climb to the top of the rope
- * Straddle jump
- * Backward walkover
- * Handspring on airtrack