



## **Gymnastics Skills**

Skill 1- log roll on cheese

Skill 2- straddle jump on tumble track

Skill 3- tuck jump on tumble track

Skill 4- zip walk (horizontal) on red balance beam

Skill 5- crawl on red balance beam

Skill 6 - touch toes to the bar (swing and bring toes up to the bar)

Skill 7- L hang on the bar (hold on to bar and lift legs 90 degrees)

Skill 8- jump combo tuck jump straddle jump on tumble track

Skill 9- forward roll on cheese

Skill 10- review and closing