

FALCONS GYMNASTICS ACADEMY

PRESCHOOL AWARDS

FLEXIBILITY

Froglings

Stand in star touch toes
Butterfly
Sit in pike reach knees
Good toes & Naughty toes
Lay down lift knees to bar
Arch
Straddle Sit
Stretch Tall
Seal on elbows
Lunges

Frog

Stand in straight touch toes
Nose to toes in butterfly
Sit in pike reach toes
Lay down lift toes to bar
1 good toe & 1 naughty toe
Arch over obstacle
Straddle sit on obstacle
Stretch Tall on tip toes
Seal
Low lunges

AGILITY

Frog

Forward roll down a slope
Run with changes of direction
Swings arms straight around
Shuffle along bar
Jump over an obstacle
Run touch colours
Run in foam pit
Jump a distance
Run on the spot
Skipping

Froglings

Log roll down slope
Leap/Run over an obstacle
Walk with changes of direction
Shuffle along bar feet up on block
Run and stop on command
Swing arms around (can be bent)
Walk in foam pit
Jump up high
Run
Hopping

BALANCE

Froglings

Jump safe landing
Jump land off beam
Jump over obstacle
Bunny hop up to block
Jump along low beam
Jump in/out of hoop
Jump on trampette
Run jump on spot
Straddle-on dome
Bunny hop

Frog

Jump down with safe landing
Straddle bunny hop up to block
Run jump on springboard
Jump along high beam
Straddle over dome
Swing hoop jump over (skipping)
Jump to land off trampette
Jump along fast track
Bunny hops on hoops
Jump into pit

BALANCE

Froglings

V-sit with hands
2 - footed balance on bubble
Monkey crawls on small red p-bars
Static balance on 4 body parts
Upside down balance from block
Walk sideways on low beam
Walk backwards on low beam
Walk forwards on floor beam
Front support on floor
Walk along bench

Frog

V-sit without hands
1 - footed balance on bubble
Front support on any apparatus
Walk forwards on high beam
Static balance on 3 body parts
Upside down star from block
Walk sideways on high beam
Walk backwards on high beam
Front support feet on block
Crawl on low beam

COORDINATION

Frog

Lay pull up bench to block
Lay push up bench to block
Throw ball let it bounce then catch it
Roll ball to target then collect it
Jump down & up either side of floor beam
Swing in straight shape
Swing in tuck shape
Climb along wall bars
Swing on rope
Beam circuit

Froglings

Lay on tummy pull along bench
Assisted beam circuit
Hang in straight shape
Throw ball let it bounce
Roll a ball to target
Lay on tummy push along bench
Step down and up floor beam
Hang in tuck shape
Climb wall bars
Hang on rope