

Name _____ Per _____

**Students develop and demonstrate motor skills that contribute to movement proficiency
(1.1.1, 1.1.5, 2,4,2)**

BALANCE BEAM

I can demonstrate a balance beam routine using the skills I learned in gymnastics.

I can spot someone using proper spotting techniques learned in class.

If I practice my skills in gymnastics, I can progress to a more complex skill.

The Balance Routine that I am doing is: # _____

#1

- A. One-knee Mount _____(3)
 - B. Walk forward _____(3)
(at least 5-6 steps)
 - C. Full Scale _____(5)
 - D. Tip-Toe Turn _____(3)
 - E. Chasse' _____(3)
(Two sets)
 - F. Dismount
 - 1. Roundoff _____(7)
 - 2. Front Vault _____(5)
- (Total points 22 or 24)

#2

- A. Squat Mount _____(5)
 - B. Walk backwards _____(4)
(at least 2-3 steps)
 - C. Skip _____(4)
 - D. Kick Turn _____(5)
 - E. Leap _____(5)
 - F. Knee scale _____(5)
 - G. Dismount
 - 1. Roundoff _____(7)
- (Total points 35)

#3

- A. Mount – choice _____(5)
 - B. Chasse' _____(5)
(two sets)
 - C. Full Scale _____(5)
(Hold for 2 secs.)
 - D. Squat Turn _____(6)
 - E. Leap _____(7)
 - F. Changement _____(7)
 - G. Dismount
 - 1.Roundoff _____(7)
- (Total points 42)

VAULT

I can demonstrate two stunts on the vault using the skills I learned in gymnastics.

I can spot someone using proper spotting techniques learned in class.

If I practice my skills in gymnastics, I can progress to a more complex skill.

Circle or highlight two stunts to be graded

A. Knee _____(3)

B. Stand _____(4)

C. Squat _____(5)

D. Flank _____(10)

E. Straddle _____(10)

F. Front _____(15)

G. Wolf _____(15)

H. Rear _____(17)

I. Thief _____(20)

J. Layout Squat _____(25)

