

WHAT WE'RE LEARNING!

★ REC 8-9 YEARS ★

Building skills, confidence and having fun!



BARS

Cast Back
Hip Circle
on Bars



Developing strength, timing and control through powerful circles.



FLOOR

Hurdle Entry
into Cartwheels



Improving coordination, body awareness and smooth connections.



BEAM

Jumps
and Turns
on Beam



Building balance, control and confidence with height and beautiful shapes.



VAULT

Handstand
Flatbacks off
Springboard



Developing power, height and control over the vault.



ROUTINE

Routine Practice
Across All
Apparatus



Preparing for our Winter Carnival - showtime!



STRONGER
SKILLS.
BRIGHTER
FUTURES!

LEARN IT.
LOVE IT.
LIVE IT!

