

LOOK WHAT WE'VE BEEN LEARNING!

WAG LEVEL 1-2 & DEVELOPMENT TERM 3

Our Level 1-2 and Development gymnasts are developing strong **technique**, building **confidence** and **learning their routines** as we prepare for testing and an exciting competition season!



SKILLS WE'RE DEVELOPING THIS TERM



VAULT SKILLS



- Handstand flatback from springboard
- Step off box rebound on the springboard
- Donkey kick to handstand flatback (spotted)
- Heel drive and tight straight body shapes
- Arm circle to wall for power and control
- Inclined handstand holds and shoulder shrugs



Focusing on strong take off, open shoulders and tight body positions!



UNEVEN BARS SKILLS



- Chin circles and pullover drills
- Chin up pullover from wedge or kip box
- Candlesticks on block or between p-bars
- Chin holds (forwards and reverse grip)
- Skin the cat and weighted wrist changes
- Strength in hangs: tuck, pike, L-hang and straddle



Building strength, wrist control and confidence to connect our bar skills!



BEAM SKILLS



- Lunge to T and lunge to finish
- Tuck and L-handstands (spotted)
- Full handstands on beam
- Beam walks with pointed toes and strong body positions
- Jumps: straight, tuck and split jumps
- Dismounts with control and good finish



Working on balance, control and beautiful presentation on beam!



FLOOR SKILLS



- Forward rolls and straddle forward rolls
- Backwards rolls to front support and handstand
- Cartwheels and round offs
- Handstand flatbacks
- Donkey kicks to handstand flatback
- Jumps: straight, tuck, split jumps and turns



Developing strength, flexibility and skills with clean technique and confidence!



STRENGTH & SHAPES

- Core strength and shaping: dish, fish, candlestick, pike holds
- Sliders for strength and control
- Hangs and core holds on bars
- Building strong bodies to support our gymnastics!



WHAT'S COMING UP?

1

IN-CLASS TESTING



In-class testing will commence on **31ST AUGUST.**

Gymnasts will be assessed across all four apparatus.

2

REPORTS HOME



Results from testing will be included in our end of term reports.

Reports will be sent home to parents at the end of Term 3.

3

TERM 4: ROUTINE PREP!



Next term, we'll begin routine preparation for competitions.

Our first competitions kick off in **OCTOBER!**



OUR FOCUS

- ♥ Strong technique
- ♥ Confident routines
- ♥ Positive attitude
- ♥ Supporting each other
- ♥ Doing our best, every day



GYMNASTS

Thank you for your support at home – it makes a big difference!

REMEMBER!



Bring your water bottle!



Hair tied back and leotard/active wear please!



Most importantly – come with a positive attitude and ready to have fun!



LEARN. GROW. BELIEVE. ACHIEVE.

GO BG! ☆