

WHAT WE'RE LEARNING!

★ REC 5-7 YEARS ★

Building skills, confidence and having fun!



BEAM

Handstands on Beam



Building balance, strength and control upside down!



FLOOR

Cartwheels & Backward Rolls



Developing coordination, body awareness and confidence on floor.



VAULT

Handstand Flatbacks



Learning power, control and a strong finish over the vault!



BARS

Pullovers on Bars



Building upper body strength and smooth transitions.



ROUTINE

Routine Practice Across All Apparatus



Preparing for our Winter Carnival – showtime!



WE'RE GROWING STRONGER EVERY DAY!



LEARN IT.
LOVE IT.
LIVE IT!

