NGPC Level 1.5 Skills

To be at this level we work on the following skills.

FLOOR

Handstand

Bridge kick over

Back Walkover

Front Walkover w/ spot

Round-off rebound

Front Handspring w/ spot

Back Handspring w/ spot

Handstand Forward Roll

Back Extension

Handstand ½ pirouette

BARS

Pull-over mount

3 casts

Back hip circle

Jump to high bar

Swing 3 times w/ regrasp

Long-hang pull over w/ spot

5 second pull-up hold

BEAM

Low Beam:

Cartwheel

High Beam:

Step ½ turn

Handstand

Jumps

Round-Off Dismount

VAULT

Correct run & springboard punch

Push up bounces

Handstand flat back

Table handspring flat back

Handspring w/ spot

OTHER

Physical- strength & flexibility

Motor-balance, agility & special awareness

Psychological- confidence & enthusiasm