NGPC Level 1 Skills

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

FLOOR

½ handstand

Handstand feet to top

Forward roll & Backward roll

Cartwheel

Cartwheel step-in (Round off prep)

Strong bridge kicking elevated feet over

Back walkover w/ spot

Clean jumps (all shapes)

10 second bridge hold

Hollow / Arch holds

BARS

Pull-up/pull-over

3 casts

Back hip circle w/ spot

Jump to high bar w/spot

Swing 3 times w/ regrasp

Slider glides

Straddle rolls

3 second pull-up hold

BEAM

Low Beam:

Jump of choice

Handstand and/or cartwheel

High Beam:

Side mount

Walk forward, sideways, backward

Lunge “T” lever

Pivot turn

Round-off dismount

VAULT

Correct run

Springboard punch

Handstand flat back

Table handspring flat back w/ spot

OTHER

Physical- strength & flexibility

Motor-balance, agility & special awareness

Psychological- confidence & enthusiasm

Level 1 age 8-12 advances as needed when ready. Older ages typically learn quicker.