NGPC Level 2 Skills

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

FLOOR

Handstand hold 3 seconds

Bridge kick over

Dive/Push Cartwheels (prep for aerial)

Back & Front Walkover

Round-off rebound

Front Handspring w/ little spot

Back Handspring drills & BHS w/ little spot

Handstand Forward Roll & Back Extension

Back tuck drills & BT w/ spot

Handstand full pirouette

Hollow/Arch holds w/ resistance

BARS

Pull over mount in pike

Glide swing

Kip w/ spot

Back hip circle

Cast to stand

Long-hang pull over w/ spot

Flyaway dismount drills

Sole circle dismount

L-hang ups

Tap swing

Climb ½ rope

BEAM

Low Beam:

Cartwheel-cartwheel

Step full turn

Jump w/ ½

High Beam:

Step ½ turn

Walking all directions on toes
Arch up/downs

Handstand

Brani, Front tuck, Back tuck dismounts w/ spot

VAULT

Correct run & springboard punch

Push up bounce ½ turn on Tumble Trak

Handstand flat back w/ run

Table handspring

Table handspring ½

OTHER

Physical - strength & flexibility
Motor - agility & special awareness

Psychological- confidence & enthusiasm

Level 2 prepares for a Spring Showcase Mock Meet where they learn routines and what a middle school competition is like. This helps prepare them if they choose to try out for CHS Gymnastics in 6th grade.