NGPC Level 3 Skills

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

FLOOR

Handstand hold 3 seconds

Round off- back handspring w/ spot

Dive/Push Cartwheels (prep for aerial)

Back & Front Walkover

Round-off rebound

Front Handspring

Back Handspring

Handstand Forward Roll & Back Extension

Back & front tuck w/ spot

Handstand full pirouette

Pass combinations

BARS

Glide swing

Kip w/spot

Back hip circle

Cast to stand

Long-hang pullover

Flyaway dismount drills

Flyaway w/spot

3-5 Pull ups

Tap swing(s)

Climb ¾ rope

BEAM

Low Beam:

Back walkover

Leaps

High Beam:

Step full turn

Jump combination

Jump w/ ½

Handstand

Cartwheel

Brani, Front tuck, Back tuck dismounts

VAULT

Proper hurdle to springboard punch

Knee bounce to ½ HS 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 3 prepares for a Spring Showcase Mock Meet where they learn routines & what a middle school competition is like. This helps prepare them if they choose to try out for CHS Gymnastics in 6th grade.