# NGPC Me & My Shadow Skills

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

## FLOOR

Control on the Tumble Trak

Jump on 1- & 2-feet

Cat/Camel Shapes

“C” Shape Rolls

Backward roll down wedge w/spot

½ handstand against wall

Bridge w/head off the ground

Awareness upside down

Understands all shapes

## BARS

Peek over bar

Candle shape on rings

Monkey walks

Swing on low bar

Front support

Walk feet up wall & kick over

Hollow hold on floor bar

## BEAM

Low Beam:

Squat down

Step over items

Bear crawl

Straddle jump down to floor and up

Walk backward

High Beam:

Walk forward

Jump off end and stick landing

Has control on beam & not scared

## VAULT

Hopscotch

Skip

Run

1 foot- 2-foot jump

## OTHER

Has good balance

Confident & able to be away from parent

***An adult accompanies the child to this level. Typically, this level is for all 3- & 4-year-olds.***