

## Adult Class

### Assessment Guidelines and Requirements

#### **BEGINNER**

(No experience/basic experience from a young age)

#### **INITIAL ENTRY REQUIREMENTS**

- None

#### **LIMITATIONS**

- NO FLIPS
- Gym rules and policies
- Spotting is required at the discretion of the coach
- Progressions as dictated by the coach
- Equipment set up as dictated by the coach

#### **LEARNING**

- Basic Fundamental Movement Patterns
  - Locomotion
  - Spring
  - Swing
  - Rotation without flight
  - Landing
- ABC'S
  - Agility
  - Balance
  - Coordination
  - Spatial Awareness
- ESPF's
  - Endurance
  - Strength
  - Power
  - Flexibility
- Forward and backward rolls
- Handstand and cartwheel progressions

## **INTERMEDIATE**

(Some experience/has attended classes before)

### **REQUIREMENTS**

- Beginner skills mastered
- Basic progressions for all new skills

### **LIMITATIONS**

- NO BACK SALTOS
- Gym rules and policies
- Spotting is required at the discretion of the coach
- Progressions as dictated by the coach
- Equipment set up as dictated by the coach

### **LEARNING**

- Fundamental Movement Patterns
  - Locomotion
  - Spring
  - Swing
  - Rotation with forwards flight only (no back saltos)
  - Landing
- ABC'S
  - Agility
  - Balance
  - Coordination
  - Spatial Awareness
- ESPF's
  - Endurance
  - Strength
  - Power
  - Flexibility
- Handstands and cartwheels on different apparatus'
- Front handsprings and front saltos
- Back handsprings

## **ADVANCED**

### **REQUIREMENTS**

- Intermediate skills mastered
- Basic progressions for all new skills

### **LIMITATIONS**

- Gym rules and policies.
- Spotting is required at the discretion of the coach
- Progressions as dictated by the coach
- Equipment set up as dictated by the coach

### **LEARNING**

- Fundamental Movement Patterns
  - Locomotion
  - Spring
  - Swing
  - Rotation
  - Landing
- ABC'S
  - Agility
  - Balance
  - Coordination
  - Spatial Awareness
- ESPF's
  - Endurance
  - Strength
  - Power
  - Flexibility
- Saltos
- Front and back handsprings
- Aerials
- Tumbling