**PRESCHOOL CERTIFICATES FOR 3 /4YR OLD CLASSES AND 5/6 YR OLD CLASSES**

**There are 5 certificates in the preschool programme which cover important basics in gymnastics.**

**The foundation certificate concludes the preschool programmes and starts off the beginner and intermediate programme.**

**This is a very important certificate as it covers the basic components to gymnastics eg strength , flexibility, speed, stamina and shapes.**

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| **NO 1. BOUNCY BUNNYS** | **1.Present to coach 2. Pike sit 3.Straddle sit 4.Table hold 5.First half of egg roll**  **6.Walk on bench 7.hold on bar 10 secs 8. Jump off box 9. Lie flat 10. Good toe point** |
| **NO 2. MIGHTY MOVERS** | **1.Ta da 2 2. Table walk hips up 3.start position of fwd roll 4.Straight jump 5.Bunny hop**  **6.Tuck hold on bars 7.Walk on floor beam 8.jump onto boxes 9.Lie flat face down 10.Gymnastic hands** |
| **NO 3. TERRIFIC TUMBLERS** | **1. Lunge position for cartwheel 2.Straddle sit good posture 3.egg roll 4.spider walk 5.Pike fold mini**  **6.Chin hold elastic 3 secs 7. Walk on low beam 8.jump to good land 8.Flex and point 9.Flex and point 10.Jump on track point toes** |
| **NO 4. CLEVER CARTWHEELERS** | **1.Crab from box 2.Arch 3.Forward roll on slope 4.arm position jumps**  **5.Straddle fold elbows**  **6. Jump to front support 7.Mount knees to feet (beam) 8.Fast run 9.Stand tall position 10. Caterpillar** |
| **NO 5. FUTURE STARS** | **1.Egg roll to stand 2.steps for cartwheel 3.Dish bent legs 4.Star jump**  **5. Pike sit straight back**  **6.Tuck hold 7 secs 7. Steps for vault 8.Walk on medium beam 9.Tuck position handstand 10.Shoulder roll** |
| **FOUNDATION CERT** | **1.Straddle fold (elbows) 2.Crab 3.Fwd roll (slope) 4.Arch 5. Dish bent knees**  **6.Basic cartwheel 7. Chin hold 8.Tuck hold 10 sec 9.jump to front support (bars)**  **10. Walk on medium beam 11.Mount on beam 12.Side walking low beam**  **13.Rebound on boxes 14. Jump on board for vault 15.Jump from box to landing position 16.Run 17.Flex and point toes 18.Arm positions**  **19.lie flat on back (ribs down) 20. Stand tall position.** |