

# American Sokol Senior Coed II Gymnastic Skills

YEAR: \_\_\_\_\_

NAME: \_\_\_\_\_

Unit: \_\_\_\_\_

	Marching	Rating	Uneven Bars	Rating	Beam	Rating
			<b>Shoulder High Bar</b>		<b>All skills are done from the beginning to the end of the beam</b>	
	Dress Right Dress - Ready Front		Stand crossways left side to the bar with closefeet directly under the apparatus – grasp left in bent arm, <u>overgrip</u> – lean to the right to straight arm support hanging – pull back to stand with bent arm – 5 times; (2) repeat to opposite side		Regular walk forward - closearm (good posture)	
	Right Face – Left Face		Stand with closefeet directly under the apparatus – grasp in bent arm, <u>overgrip</u> – lean back to straight arms – raise R frontleg to bar – closeleg; – raise L frontleg to bar – closeleg – pull back to stand with bent arms – 5 times		Walk sideways: sidestep L, close R, etc. (both directions)	
	About Face		Straight arm, straight body support hanging (feet out in front of bar) – <u>overgrip</u> , shoulders directly below the apparatus – pull to bent arm support hanging – raise R frontleg 45 degrees – closeleg; – raise L frontleg 45 degrees – closeleg – lower to straight arm support hanging – 10 times		Walk forward with kick (at least 45 degrees) of the opposite leg; alternating steps and kicking leg	
	Done to march music: Forward March – at least 20 feet (keep in step with a musical beat); (1) execute a column left maneuver and continue marching at least 4 steps; (2) repeat skill with a column right maneuver		Stand on 6 inch higher mat with closefeet arms length from the bar – grasp the bar in overgrip; take ½ step back – execute 4 pushups to the bar keeping body straight; (2) take ½ step back – execute 3 pushups to the bar; (3) ½ step back – 2 pushups; (4) ½ step back – 1 pushup;		Walk forward on toes: step L, close R; step R, close L.	
	Done to march music: Forward March – at least 20 feet (keep in step with a musical beat); (1) execute a counter left march maneuver and continue marching at least 4 steps; (2) repeat the skill with a counter right maneuver		From stand on built up mats, with overgrip – lean to front support – hold 3 seconds – 2 times		Walk to the middle of the beam; At center, sidearm, forestep L, bend R frontleg, hold 2 counts; forestep R bend L frontleg, hold 2 counts	
	Done to march music: In a group of 4 marchers, perform a 360 degree wheel in each of the 4 positions (maintain step with musical beat; keep 4 person line in proper alignment)				Walk to the middle of the beam: At center, right forestep – on toes with continuous movement - 180 degree turn left to left forestep; repeat to the other side	
			<b>Once these skills are mastered, the next level would be to increase the number of repetitions. Try doubling the number of repetitions.</b>		<b>Once these skills are mastered, the next level would be to turn around at the end of the beam and repeat the skill coming back without dismounting the beam.</b>	

**Evaluation Key: 0 = Unable to Perform; - = Below Average; / = Average(Passing); + = Above Average/Excellent**

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YEAR: \_\_\_\_\_

NAME: \_\_\_\_\_

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	Balls	Rating	Calisthenics	Rating	Walking	Rating
	<b>Use rhythmic ball or volleyball or same size playground ball</b>		<b>All positions must be done with good form</b>			
	In L hand, toss upwards (at least 2 feet) and catch in same hand – 5 times; repeat with the R hand – 5 times		Sidearm – palms down		Walk 4 times around a volleyball court (30' x 60') without stopping	
	In L hand, toss upwards (at least 2 feet) and catch in R hand – back and forth – 10 times		Uparm – palms in		Walk the length of a volleyball court (60 feet) in 15 seconds or less	
	With R hand bounce on floor, catch with R hand – 5 times; repeat with L hand – 5 times		Frontarm – palms in			
	With R hand bounce on floor, catch with L hand - back and forth – 5 times		Uparm outward – palms front			
	With R, bounce on floor (dribble) 10 times in control without catching the ball; repeat with L - 10 times in control without catching the ball		Left fore lunge, L front arm upslant, R reararm; repeat opposite side			
	From a distance of 10 feet, roll the ball and hit a small target (Indian club, cone; etc) 5 times out of 8 attempts		Left side lunge, L uparm, R frontarm; right side lunge, R uparm, L frontarm			
	From a distance of 8 feet, using a 2 hand chest pass maneuver, throw the ball through a hula hoop suspended from the high bar of a set of uneven bars – 5 times out of 7 attempts.		From closearm – circle left flankway, forward; repeat with right			
	<b>Once these skills are mastered, the next level would be to increase the number of repetitions. Try doubling the number of repetitions.</b>		From closearm – circle right flankway, rearward; repeat with left		<b>Once these skills are mastered, the next level would be to increase the number of laps around the VB court. Try doubling the number of laps. Try walking the 60 ft in 10-12 seconds.</b>	

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