



CHECKLIST

Basic Gymnastics Skills Practice Checklist

- ☐ Warm up your shoulders, wrists, hips and ankles before starting
- ☐ Practise forward rolls with a tight tuck and standing finish
- ☐ Work backward rolls, pushing through with your hands at the top
- ☐ Check your cartwheel passes through a straight vertical line
- ☐ Hold a bridge from the floor, pushing your shoulders open
- ☐ Finish with a wall-supported handstand, keeping your body straight
- ☐ Focus on control and precision, not speed
- ☐ Give equal attention to skills you find difficult
- ☐ Include conditioning exercises alongside skill practice
- ☐ Practise short, focused sessions several times a week