Å Gym Assault Cards
Å Partner balance Cards
  ï Level 1 – Year 1 & 2
  ï Level 2 – Year 3 & 4
  ï Level 3 – Year 5 & 6
Squat onto the box
Partner Balances
practice these skills using the spring board?
Can you find a way to swing on the rope in a creative way?

Can you hold a balance with the rope?
Can you find a way to travel along and over the benches?
Table with bench attached

Can you find a way to travel over the table?

Can you find a way to jump off the table?

Can you perform a balance on the table?
Flight

Can you perform the following jumps off the bench? Don’t forget to perform a safe landing!

Star
Straight
Tuck
Twisting

Can you invent your own?

Safe landing
Level 2

Level 3
Level 1

Level 2

Level 3