Year 4 Gym Routine

1. Present
2. Front to back cartwheel
3. Backwards roll to stand
4. Side scale
5. Headstand in tuck
6. Bridge
7. Rock to stand
8. Full turn
9. Forwards roll to straddle
10. Jump feet together to stand
11. Kick to handstand
12. Present

Year 4 Gym Vault

Marked out of 10

Squat on, Straddle Jump off

Marked out of 9

Squat on, Tuck Jump off