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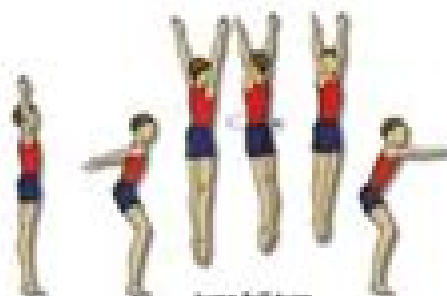
10 shuttle run



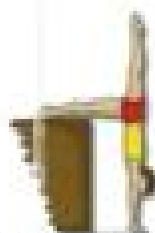
Front splits or Side splits



Half lever or straddled half lever



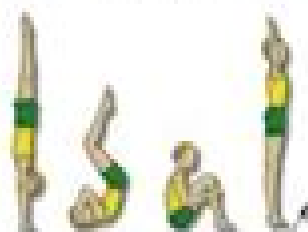
Jump full turn



Moving forward handstand using apparatus



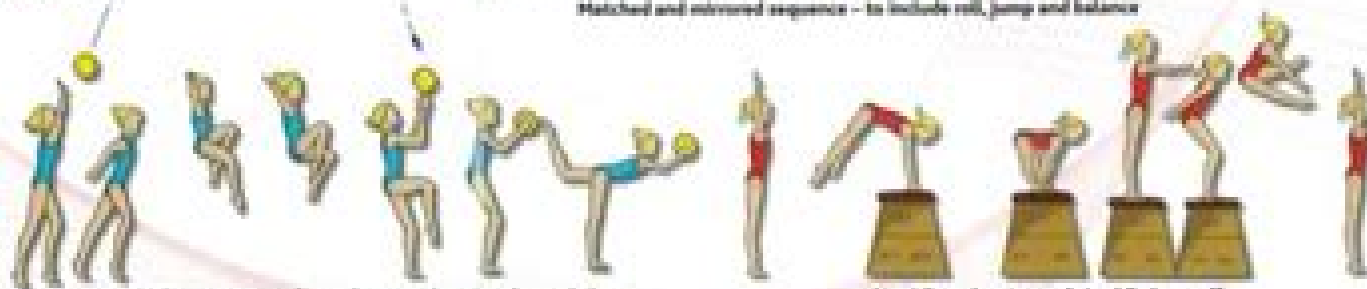
Change leg handstand



Handstand forward roll



Matched and mirrored sequence – to include roll, jump and balance



Throw hand apparatus, perform a leap, catch and perform a balance



Straddle on box top and straddle jump off

1

Gymnastics Skills Level One Sheet

Padhraic Smyth

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