

SKILLS TEST

NIPISSING UNIVERSITY PHYSICAL EDUCATION - GYMTRIX GYMNASTICS ACTIVITY

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Student's Name: _____ Date: _____

	MANDATORY (8)	mark
LANDINGS	Landing on ft (fwd) from height with control	
	Landing on ft (bkw) from height with control	
	Prone Fall (knees, half or full stand)	
	Fall backward (stand or half stand)	
	Back Shoulder Roll	
	Fwd Shoulder or Doggie Roll	
	Jump 1/2 turn land forwards from height	
	Jump 1/2 turn land backwards from height	

OPTIONAL SKILL SELECTION: Choose a total of **10**
Maximum of **3 skills** from each F.M.P.

GRADING:

Each skill will be scored out of 10.0 for a maximum score of 180

This total will be converted to a maximum of 36% of your total course mark.

		OPTIONAL (CHOOSE total of 10)									
		A	✓	mark	B	✓	mark	C	✓	mark	
STATIONARY		Front Scale			Round de jambe to Front Scale			Needle Scale			
all 3 second hold		Flamingo			Flamingo in releve			Y Scale			
Choose only one skill per horizontal row		V sit on bench with hands - 90 deg. or less			V sit on bench no hands - 90 deg. or less						
		Tuck cross support on benches/boxes			Pike (L) cross support on benches/boxes			Pike (L) support on floor			
		Candle Stick (shoulder stand) with hands			Candle Stick (shoulder stand) with no hands						
		Tripod			Headstand						
					Bipod						
		Kick to handstand (no hold)			Handstand			Press Handstand			
		Splits - any way			Straddle pancake			Straddle support on floor			
		Bridge			Bridge (straight arms push over shoulders)						

more skills on back

Choose any spring	SPRING	Stag Leap or Jump			Split Leap or jump			Switch Split Leap		
		Tuck Jump			Pike Jump			Aerial Cartwheel		
		Star Jump			Straddle Jump			Front Handspring		
		Cat Leap - Knees 90 degrees			Wolf Jump			Back Handspring		
		Scissor kick			Round Off					
					Tuck vault on to box					
					Straddle vault on to box					

Choose only one skill per horizontal row	ROTATION	Kick Turn			Tour Jete					
		1/1 turn on one foot			1 ½ turn on 1 foot			2/1 Turn on 1 foot		
		Jump 1/1 turn			Jump 1 ½ turn			Jump 2/1 turn		
		Table to Bear or reverse on bench			Table – Bear - Table or rev. on bench			Bridge - Bear - Bridge x5 on floor		
		Forward Roll (tuck or straddle)			Dive Roll to mat			Handstand forward roll		
		Backward Roll (tuck or straddle)			Back roll to front support			Back Extension		
					Cat Leap ½			Cat Leap 1/1 (full)		
		Cartwheel			1 hand cartwheel			Handstand pirouette ½ or 1/1		
					Bridge Kickover with feet on floor or height			Back Walkover		
		Log roll hands/ft elevated			Handstand to Bridge or Limber			Front Walkover		

SWING				Cross Support Swing - boxes					
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one or the other	LOCOMOTION	Bear Walk - 2 bench lengths			Table top Walk - 2 bench lengths			Handstand walk 3 steps on floor		
		From stand, lay down on bench (no hands)			Inch Worm - 2 bench lengths			Bridge walk 1/2 floor length		
		From laying down, stand up on bench (no hands)			Lay down and stand up with no hands on bench					

A SUBTOTAL

B SUBTOTAL

C SUBTOTAL

Mandatory Skills SUBTOTAL

Optional Skills SUBTOTAL

GRAND TOTAL (180)