

SPORTS · K–GRADE 3

# Gymnastics Floor Skills

Rolls, balances &amp; jumps

## Safety first

- Mats for all floor work
- Check jewelry removed
- Bare feet or gymnastics shoes
- Clear landing areas
- One at a time on equipment

## Core skills progression

<p><b>Log roll</b></p> <p>Lie straight, arms above head, roll sideways keeping body straight. Progress to teddy bear roll (arms by sides).</p>	<p><b>Forward roll (assisted)</b></p> <p>Crouch, hands on mat, tuck chin, roll over. Teacher assists. Focus: round shape, soft landing. Only when ready.</p>
<p><b>Balances</b></p> <p>One foot balance (count to 5), arabesque (back leg raised), stork stand. Progress: eyes closed, moving arms.</p>	<p><b>Jumps</b></p> <p>Two-foot takeoff and landing. Star jumps, tuck jumps, straight jumps. Focus: soft, controlled landings.</p>

