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**Core Gymnastic Skills**

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| **Year Group(s)** | **Basic Movement Skills** |
| Rec & 1 | Pencil and Egg roll  Pencil jump  Dish and Arch |
| 2 | Teddy/Circle roll  Star jump  Back and Shoulder balance |
| 3 | Forward roll  Tuck jump  Front/Back/Side balance |
| 4 | Forward roll  ¼ / ½ turn jump  Arabesque |
| 5 & 6 | Troubleshooting |