

Gymnastics Stations Student Checklist

Name: _____

Balance Station

Stork Stand ☐
V-Sit ☐
Table ☐
Frog Stand ☐
Bridge ☐
Shoulder Stand ☐
Challenge: Teddy Bear Headstand ☐

Balance Walking Station

Forward Walk ☐
Shuffle Sideways (L & R) ☐
Crawl ☐
Knee Walk ☐
Tip Toe ☐
Inchworm ☐
Challenge: Stretch Jump ☐

Roll Station

Log Roll ☐
Forward Roll ☐
Forward Roll (Stick the Landing) ☐
Challenge: Judo Roll ☐

Non-Walking Station

Crab ☐
Bear ☐
Alligator ☐
Spiderman ☐
Wheelbarrow (With a friend) ☐

Mirror Station

Partner 1 ☐
Partner 2 ☐
Partner 3 ☐
Partner 4 ☐
Challenge: Partner 5 ☐