

MATWORK AND SMALL APPARATUS PATHWAY: TEACHING DEMONSTRATIONS
STUDY AID ONLY: PRACTICAL ASSESSMENT

TEACHING DEMONSTRATION: MATWORK

PIC	REPERTOIRE SELECTIONS
Sitting I	Side Reach
Abdominals	Single Leg Stretch, Double Leg Stretch, Hamstring Pull
Lateral and Extension	Side lying leg circles, Single leg kick, Double leg kick
Support Integration	Back Support, Leg Pull Back