

## Developmental Skills

### Floor Skills

1. Jump up and down 3-5 times
2. Balance on each foot
3. Two Pea forward roll down wedge
4. Straddle roll on wedge
5. Two Pea Spider handstand - tummy facing wall
6. Two Pea cartwheel
7. Squat
8. Log Roll on floor
9. Table
10. Pre-chassé

### Beam Skills

1. Stand on beam - balance - hands on hips
2. Walk forward and backward
3. Walk sideways - lateral open transfer
4. Stand - squat - hands on beam - return
5. Forward jumps
6. Beam crawls
7. March length of beam - knees parallel to hips - alternating

### Bar Skills

1. Two Pea swing
2. Straight hang - draw into tuck - return
3. Straddle tap
4. Barrel Push
5. Lift toes to bar - with spot
6. Two Pea front support - with spot
7. Bow and shift
8. Pre-release - hang - travel - hand side by side feet mirror hands
9. Mount and dismount uneven bars in bear position

### Vault Skills

1. Run on designated path toward vault - developing bilateral symmetry
2. Jump onto block - feet together
3. Jump off block - feet together - arms straight forward
4. Punch spring board - two feet on board - two feet landing
5. Punch springboard - hands and knees up onto block
6. Donkey kicks

### Classroom Skills

1. Independently begin and participate in class
2. Understand 5-10 basic gymnastics terms
3. Can follow 2-3 simple instructions in a group setting
4. Understand basic body parts as used in gymnastics
5. Beginning to discern simple spatial, sequential and directional relationships
6. Anticipate predictable activities
7. Beginning to follow structured circuit activities
8. Developing social awareness of sharing, taking turns, and encouraging others.

## Two Pea

