

## Developmental Skills

### Floor Skills

1. Technical lunge
2. Forward roll on wedge/floor - finish in squat
3. Straddle roll on wedge/floor - finish hands in front
4. Backward roll on wedge - proper hand positioning
5. Handstand - facing wall - supporting weight - hollow body.
6. Cartwheel - proper sequencing - landing on feet
7. Candlestick - straight legs - hollow position
8. Straight table - 5 second hold
9. Lever
10. Squat jump sequence - feet together - arms forward - 3 count

### Beam Skills

1. Walk length of beam forward, backward and sideways
2. Relevé walk length of beam
3. Walk alternating forward kicks posse sequence
4. Straight jumps
5. Wolf-sit - one leg up one leg down
6. No hold Arabesque

### Bar Skills

1. Straight hang - draw to tuck - hold - return
2. Swing 2 times - controlled dismount
3. Flexed arm tuck - 5 second hold
4. Front support - hollow return
5. Controlled cast - 2 times
6. Front support - forward roll on bar - controlled finish
7. Barrel pushes hollow body
8. Straight leg window
9. Swing in pike - single glide swing
10. Straddle taps
11. Uneven bar balance sequence simultaneous opposite hand and foot lifts

### Vault Skills

1. Run, squat onto block - freeze
2. Run, punch board - freeze onto block
3. Donkey kicks - hips horizontal - legs straight and together
4. Jump on and off block sequence - no pause - finish in tuck

### Classroom Skills

1. Understand and respond to 15-20 gymnastics terms
2. Can follow 4-5 simple instructions
3. Know basic colors and shapes used in the gymnastics classroom
4. Participate in group counting - recognize numbers 1-10
5. Can say ABC's with group - recognize most letters
6. Developing sense of left and right
7. Developing awareness of rhythmic timing
8. Participate independently in structured station based activities
9. Interact appropriately with instructor and peers - beginning to form meaningful friendships.

## Four Pea

