

# Developmental Skills

## Floor Skills

1. Point toes - flex toes
2. Forward roll - salute, tuck, roll, finish in squat
3. Straddle roll - salute, roll, maintain straddle throughout, proper lift, finish to feet
4. Backward roll - proper positioning, push through to feet
5. Handstand - tummy against wall - vertical
6. L Handstand - start and finish in lunge
7. Cartwheel - proper sequencing - finish in lunge
8. Bridge
9. Candlestick - fluid - finish in squat

## Beam Skills

1. Relevé - hold - 5 seconds
2. Relevé walks - arms in 2nd and 5th positions
3. Squat on beam - no hands - return
4. Straight jump - land in freeze - with arm swing
5. Possé kick sequence
6. V-sit on beam, hands on beam
9. Arabesque - 3 second hold

## Bar Skills

1. Tuck, straddle and pike holds with flexed arms
2. Single slide swing - straight legs
3. Developmental re-grip
4. Forward roll to flexed arm hang
5. Window to straddle-over
6. Controlled cast - hips off bar - controlled finish
7. Barrel push
8. Pullover progression

## Vault Skills

1. Run in straight line - with acceleration - developing arm swing
2. Run - punch board - stretch jump - freeze
3. Run - punch board - squat onto block
4. Run - punch board - forward roll
5. Hollow body punches

## Classroom Skills

1. Understand 20-25 gymnastics terms
2. Can follow 5-6 simple instructions
3. Knows colors and shapes used in gymnastics' classroom
4. Can count to 20 independently - can identify written numbers 1-20
5. Can say ABC's with group - can identify letters of the alphabet
6. Beginning to distinguish left from right
7. Interprets and moves to rhythmic timing
8. Participate in technical structured station activities
9. Forming meaningful friendships

