

## Developmental Skills

### Floor Skills

1. Straight jump, straddle jump, tuck, jump
2. Skip in passé
3. Forward jumps with straight arms
4. Floor sequence - forward roll, stretch jump, backward roll, lunge, cartwheel
5. Rainbow
6. Six Pea Round-off
7. Forward roll - salute, tuck, roll, finish in salute
8. Straddle roll - salute, maintain straddle throughout
9. Backward roll - proper positioning, push through, push to feet
10. Handstand - tummy against wall - vertical
11. Handstand - start and finish in lunge
12. Cartwheel - start and finish in lunge
13. Straight-legged table

### Beam Skills

1. Beam mount - jump to front support
2. V-sit - 3 second hold
3. Straddle - lift to squat
4. Lie on back, sit up, tuck, stand - with spot
5. Arabesque - 3 second hold
6. Alternating leg swings - hold core
7. Lever to T position
8. Leg balance in forward passe
9. Pivot
10. Cartwheel to handstand - with spot
11. Stretch jump dismount

### Bar Skills

1. Tuck, straddle and pike holds - 3 seconds
2. Window pike/straddle
3. L-hang - flexed arms - 5 seconds
4. Cast from front support - 3 x's
5. Forward roll to flexed hang
6. Pullover to front support
7. Back hip circle

### Vault Skills

1. Shoulder shrugs - hollow body
2. Synchronized run - arm circle - hurdle
3. Run, hurdle, arm circle - freeze on block
4. Run, hurdle - arm circle - 12" jump
5. Handstand - flat back fall to raised mat
6. B kicks forward and backward - hips horizontal
7. Run - punch - tuck and straddle - minimal spot
8. Dive roll on to raised mat

### Classroom Skills

1. Understand 25 - 30 gymnastics terms
2. Follow 6-7 simple instructions
3. Count to 50 - knows written numbers 1 - 50
4. Discern left from right - can respond with correct action
5. Independently practice technical skill sequences
6. Conceptualize and apply correction(s)
7. Self motivated to practice individual assignments
8. Enjoy meaningful friendships

## Six Pea

