

Developmental Skills

Floor Skills

1. Sideways lateral steps - pre-chassé
2. Squat
3. Jump up and down 3-5 times
4. Table
5. Balance on each foot
6. Two Pea forward roll on incline
7. Straddle roll on incline
8. Two Pea spider handstand
9. Two Pea cartwheel

Beam Skills

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

Bar Skills

1. Two Pea front support
2. Straight hang - draw into tuck - return
3. Barrel glide (swing progression)
4. Two Pea swing
5. Straddle tap
6. Mount and dismount uneven bars
7. Lift toes to bar

Vault Skills

1. Run on designated path towards vault - developing bilateral asymmetry
2. Bounces on springboard - two feet on board - two feet landing on block
3. Jump off block - feet together
4. Donkey kicks

Classroom Skills

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

Two Pea

