

Developmental Skills

Floor Skills

1. Skip
2. Straight jumps
3. Bridge
4. Forward roll on floor - finish in stretch
5. Straddle roll on floor - proper lift - finish in bear position
6. Candlestick - from stand - return to stand
7. Backward roll down incline - from stand - finish in squat
8. Spider handstand - vertical stacked position
9. L handstand - on block - start and finish in lunge
10. Cartwheel - proper sequencing - finish in lunge

Beam Skills

1. Relevé walks - forward and backward - arms in 2nd
2. V-sit balance on beam
3. Relevé hold - 5 seconds
4. Passé kick sequence
5. Arabesque - 3 second hold
6. Straight jump - with arm swing - land in freeze
7. Donkey kick on beam - return to stand - arms by ears

Bar Skills

1. Pullover progression - from block
2. Controlled cast - hips off bar - controlled finish
3. Forward roll to flexed arm hang
4. Glide swing progression - run feet out, slide back, glide out
5. Re-grip hops - bars set at uneven - hands on low bar feet on high bar
6. Straight body hang - walk hands across bar
7. Straddle swings in window

Vault Skills

1. Run straight line - with acceleration - punch springboard with rebound
2. Arm swing jump - from springboard - to raised mat
3. Hurdle progression - with rebound off springboard - finish in freeze.

Classroom Skills

1. Understand and respond to 20-25 gymnastics terms
2. Follow 5-6 simple instructions
3. Recognize and communicate colors and shapes
4. Count to 10, 20 or 30 independently
5. Recognize written numbers 1-10, 1-20 or 1-30
6. Verbalize ABC's with group and identify written letters of the alphabet
7. Distinguish left from right (emerging)
8. Interpret and move to rhythmic timing
9. Participate in technical structured station activities
10. Interact appropriately with instructor and peers
11. Form meaningful friendships

