

# Developmental Skills

## Floor Skills

1. Skip in passé with hands on hips
2. Straight jumps - straight legs - push through toes
3. Bridge - kickover progression - off block
4. Forward roll on floor - finish in stretch jump
5. Straddle roll on floor - finish in standing stretch
6. Backward tuck roll on floor - finish in squat
7. L handstand - start and finish in lunge
8. Cartwheel - proper sequencing - starting and landing in lunge
9. Floor sequence - forward roll, stretch jump, candlestick, lunge, "L" handstand

## Beam Skills

1. Beam mount - jump to front support
2. V-sit balance on beam - tuck sit to stand
3. Relevé balance - 10 seconds
4. Balance in passé - 5 seconds
5. Arabesque - arms in 2nd position - 5 second hold
6. Forward kicks - arms in 2nd position - legs at 90° angle
7. Lever progression - "T" position - start and finish in lunge
8. Stretch jump dismount - with arm swing - land in freeze

## Bar Skills

1. Kickover pullover
2. Cast series - hips off bar
3. Straight arm jump to front support - forward roll to flexed arm hang
4. Flexed arm hang - in pike position - 3 second hold
5. Glide swing
6. Re-grip swings - with knee bend on back swing - land behind bar in freeze
7. Straight hang - walk hands across bar - to left and then right
8. Straddle sole circle progression - jump to bar from block - feet land in block

## Vault Skills

1. Run - hurdle, arm circle - freeze on block
2. Run - punch springboard - stretch jump onto raised mats (16" - 24")
3. Handstand - fall back on mat - straight body

## Classroom Skills

1. Understand 25-30 gymnastics terms
2. Follow 6-7 simple instructions
3. Count to 50 - identify written numbers 1 - 30
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

