

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 ending 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 on block

Vault Skills

1. Run - hurdle - arm circle - freeze on block
2. Run - punch springboard - stretch jump onto raised mat (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
5. Independently practice technical skill sequences
6. Conceptualize and apply correction(s)
7. Self motivated to practice individual assignments
8. Interact appropriately with teacher and peers
9. Enjoy meaningful friendships

Six Pea

