

Beginner Skill list/ Progression

Vault-

Running technique

- Running arm positions
- Running knees up
- Running bum kicks
- Running on toes

Hurdles

- 3- 5 step run, hurdle, straight jump
- Hurdle over object, rebound off board onto spotting block
- Power hurdle from two feet to springboard, rebound to stick

Springs, Rebounds, jumps

- Long jumps
- Jumping over consecutive objects (foam blocks)
- One foot long jumps
- Jumping on, over and off multiple boxes
- Step off panel mat, rebound onto second panel mat
- Straight jumps with arm circles (on floor)

Landings

- Jumps off and on a panel mat
- Jumping backwards off panel mat
- Jump of panel mat ½ turn
- Tuck jumps off different heights to Stuck landings
- Jump full turns (on floor)

Bars-

Positions

- Toes to bar hang (SOLE HANG)
- Front support
- Chin hold (10 seconds)
- Land on back from sole hang

Rotation

- Front support, roll over bar
- Skin the cat

Swings

- 3 front support swings- hips on bar swing feet back and forth
- Cast, push away from bar, land in stick
- 3 glide swing
- 3 cast- hips off bar

Beam-

Locomotions

- Walking across beam on tippy toes, arms by ears
- Fast walks/ running across low beam
- Skipping low beam
- Walking backwards on tippy toes, arms by ears

Rotations

- Fwd roll on line to feet
- Jump off low beam, land, fwd roll to stand
- Roll off beam down incline
- Dive roll off middle beam, down incline

Landings

- Straight jump off low beam (stuck)
- Straight jump off middle beam (stuck)
- Tuck jump off middle beam (stuck)
- Straight jump backwards off low beam (stuck)
- Jump ½ turn off beam to stick- low beam

Springs

- Baby hops over foam blocks on lazer beam
- Frog jumps on low beam

Positions

- Passe'
- Arabesque

Jumps

- Straight jumps (on low beam)
- Tuck jumps (on low beam)

Floor-

Positions

- Front support
- Side support
- Back supports
- Passe and arabesque

Landings

- Straight body fall to back on mats
- Fall up incline

Rotations

- Fwd roll down incline to stick
- Bwd roll down incline to stick
- Fwd roll to feet (on floor)
- ½ turn on one foot, arms by ears.
- Arabesque forward roll out in tuck position
- Hollow body log rolls
- Candlestick
- Donkey kicks with straight legs
- Handstand
- Bwd roll to feet (on floor)
- Dive roll off springboard down incline (straight arms)
- Cartwheel to lunge