

Preschool

Ages 2.5 years – 4.5 years old

Vault

Running form-

- Do: Run on high toes, chest slightly forward, moving arms.
- Don't: Run on heels, shoulders behind hips, arms stiff to side.

Proper springboard entry (one foot jump to two feet)-

- Do: Start by standing on base leg, lifting opposite leg straight in front, arms forward, pushing off base leg, landing with feet together and arms by ears.
- Don't: jump with feet together, bend arms.

Stick Position-

- Do: Feet shoulder width apart, bend legs, arms in front, without moving feet.
- Don't: straight legs, feet together or straddle, arms to side, move feet.

Straddle forward roll-

- Do: Straight legs, straddle position, tuck head (chin to chest), rolling forward bringing feet together, standing without using hands.
- Don't: bend legs, place head on floor, stay in straddle position, use hands to stand.

Straddle on block-

- Do: Place hands on block, straight arms, starting with feet together, jump, pressing firmly on block and land straddled, legs straight.
- Don't: bend arms and legs, jump one foot at a time

Run, punch with two feet, Straight jump-

- Do: Running form, proper springboard entry, jumping with arms straight by ears, straight jump, land stick position, legs straight in straight jump, running on toes.
- Don't: run on heels, jump with two feet in front of board, bend arms and legs, landing on knees, hands touching mat when landing.

Run, punch forward roll onto stacked mats (spotted)-

- Do: Running form, proper springboard entry, jumping with arms straight by ears, placing hands on mat, tucking knees to stomach, tucking head and rolling onto mat, standing without using hands.
- Don't: run on heels, jump with two feet in front of board, bend arms, landing on stomach, feet apart, using hands to stand.

Run, punch, donkey kick (spotted)-

- Do: running form, proper springboard entry, jumping with arms straight, Hands shoulder width apart placed firmly on floor, block or panel mat, pressing down on hands, straight arms, jumping with feet together, returning feet to floor while together.
- Don't: Bend arms, feet apart, landing on stomach, land on knees, run on heels, jump with two feet in front of board.

Standing Handstand flat back (Spotted)-

- Do: start with panel mat and 8" mat, hands on panel mat, pushing off base leg, kicking into handstand, arms and legs straight, staying straight body, landing flat on back.
- Don't: bend arms and legs, head out, ached body, rolling down to land.

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Bars

Cast off-

- Do: Front support, swing legs slightly in front of torso, arms straight pressing down on bar, pushing hips off bar, landing on floor with feet together, arms straight, holding bar.
- Don't: bend arms and legs, stomach on bar, lean backwards, land without holding bar.

Leg lifts-

- Do: arms straight, shoulder width apart, legs together, lifting feet to the bar, between hands, legs straight.
- Don't: Bend arms, arms more than shoulder width apart, bend legs, feet apart.

Cast 3x times-

- Do: front support, arms and legs straight, shoulders leaning slightly over the bar, pushing hips away from the bar in hollow position, returning back to front support, repeating 3x times.
- Don't: bend arms and legs, feet apart, stomach on bar.

Chin hang (spotted)-

- Do: hands shoulder width apart, pulling chin above bar, feet together, legs straight, holding chin above the bar for 10- 15 seconds.
- Don't: feet apart, kick to pull up, hands beyond shoulder width.

Pullover (spotted)-

- Do: hands shoulder width apart, pulling chin above bar, bringing hips to the bar, straight legs, pulling legs over the bar "toes to nose", rotating around the bar, finishing in front support.
- Don't: bend legs, stomach on bar, feet apart.

Swings-

- Do: hands forward, shoulder width apart, straight arms and legs, swing legs forward and backward, regripping hands on back swing.
- Don't: bend arms and legs, legs apart, hands beyond shoulder width, regrip on forward swing.

Pike Hang-

- Do: hands shoulder width apart, arms and legs straight, pike position, bring toes to the bar, holding toes 10-15 seconds.
- Don't: bend arms and legs, hands beyond shoulder width, bring legs up one foot at a time.

Front roll over-

- Do: front support, rotating hands around the bar, shoulders moving forward, straight legs and arms, body rotating around bar, landing feet on the ground.
- Don't: stomach on bar, let go of bar too early, bend legs.

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Beam (Low or high beam)

Releve walks-

- Do: Walk on high toe, arms out to side, knees straight, chin up
- Don't: walk flat footed, bend arms and legs

Side walks-

- Do: arms out to side, heels off beam, legs straight, chest and chin up.
- Don't: bend arms and legs, chest down.

Backward walks-

- Do: arms out to side, chest and chin up, stepping one foot directly behind the other, tapping toe to feel for the end of beam.
- Don't: bend arms, chest down, swing feet to side before stepping back.

Bear Crawls (Forward and Backward)-

- Do: place hands on beam, fingers facing forward, arms straight, legs bent and tucked, stepping hand and opposite foot at the same time.
- Don't: bend arms, walk on knees

Arabesque Kicks (Forward & Backward)-

- Do: arms out to side, legs straight, base leg locked, kicking opposite leg to a 90 degree angle or higher, switching feet each kick, chest and chin up.
- Don't: bend either leg while kicking, chest down.

Straight jumps-

- Do: staying on the beam, arms straight by ears, feet together, jumping straight up and down, legs straight, chest up.
- Don't: bend arms and legs, drop chest, feet apart.

Lunge to "T" hold-

- Do: arms by ears (straight), bend base leg while keeping opposite leg behind straight, keeping a straight line from hands to back foot while leaning forward to a "T" position, holding for 5 seconds or more.
- Don't: bends arms, drop chest creating pike position, bend back leg while in "T" position.

Needles-

- Do: place hands on beam, arms straight, base leg straight, lifting opposite foot in to minimum 90 degree angle, lifted leg straight, switching feet.
- Don't: bend arms and legs, lean shoulders over hands.

Forward roll-

- Do: place hands on beam, squat position, tucking head, pushing off both feet, feet together, knees to chest, rotating forward, landing in a sitting tuck position, shoulder forward, standing without using hands.
- Don't: head out, push one foot at a time, land back on edge of beam.

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Floor

Forward roll-

- Do: start standing, arms by ears, feet together, place hands on floor, tucking head, knees to chest, rotating forward, standing without using hands.
- Don't: head out, pushing one foot at a time, using hands to stand.

Backward roll-

- Do: start standing, arms by ears, feet together, squatting, bringing hands to ears "pizza hands", knees to chest, rotating backwards, pushing on hands to straight arms, feet on floor, finish arms by ears.
- Don't: feet apart, going to straight to back, head back.

Candle stick-

- Do: arms to side close to hips, legs straight, start laying on floor, lifting feet, then rising hips off of the floor, keeping hands firmly on floor, returning to straight body on floor.
- Don't: bring feet over head touching floor, bend legs.

Counting Cartwheels "1,2,3,4 cartwheels"-

- Do: counting each hand and foot, have the athlete place hands with straight arms on numbers 1 & 2, stepping/hopping feet on 3 & 4, keeping legs straight, finishing with arms by ears in lunge position.
- Don't: bend arms, head on floor, bend legs

Bridge (Cheese mat)-

- Do: start laying on mat (top of slope), bend knees, hands by ears "pizza hands", pushing on hands, lifting hips up, pushing head off mat (pushing arms straight).
- Don't: keep head on mat, roll neck.

Lunge to needle-

- Do: arms by ears (straight), bend base leg while keeping opposite leg behind straight, keeping a straight line from hands to back foot while leaning forward placing hands on floor, leg in air (straight), holding for 5 seconds or more.
- Don't: bends arms, drop chest creating pike position, bend back leg while in needle.

Bridge kickover (cheese mat)-

- Do: start laying on mat (top of slope), bend knees, hands by ears "pizza hands", pushing on hands, lifting hips up, pushing head off mat (pushing arms straight), lifting one leg, pushing shoulders over hands, rotating in split over, straight legs, landing one foot at a time, finish in lunge.
- Don't: keep head on mat, roll neck, bend legs and arms.

Chasse'-

- Do: arms out to side, one foot in front, pushing off base leg, feet touching in the air, landing back on base leg, opposite leg in front, on toes.
- Don't: bend legs and arms, flex feet, land both feet at the same time, on heels.

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Rings

Support-

- Do: straight arms and legs, holding rings to the side of legs, pushing down on hands, shoulders away from ears.
- Don't: bring shoulders to ears, bend arms and legs

Support Tuck holds-

- Do: straight arms, knees to stomach, pushing down on hands, shoulders away from ears.
- Don't: bend arms, shoulders to ears

Support "L" or Pike holds-

- Do: straight arms and legs, holding rings to the side of legs, pushing down on hands, shoulders away from ears, holding "L" or pike position, hold for 10-15 seconds.
- Don't: bend arms and legs, shoulders to ears.

Parallel Bars

Front Support-

- Do: arms straight, pressing down on hands, straight legs, shoulders away from ears.
- Don't: bend arms and legs, top of shoulders on ears.

Support swing-

- Do: arms straight, pressing down on hands, shoulders away from ears, straight legs, stand on block mat, swing legs forward and back 3x times, returning to block.
- Don't: bend arms and legs, top of shoulders on ears.

Support walks-

- Do: arms straight, pressing down on hands, straight legs, shoulders away from ears, moving one hand forward at a time.
- Don't: bend arms and legs, top of shoulders on ears.

Trampoline

Jump to Stick-

- Do: jump, land feet slightly apart, arms in front (straight), bending knees, holding for 3 seconds, chest up.
- Don't: drop chest, land on knees, hands on floor.

Pike jumps-

- Do: arms straight in front of torso, starting feet together, jumping up with straight legs, feet together, bring feet to pike position, close to hands, returning to feet, chest up.
- Don't: bend legs and arms, land on bottom, drop chest.

Straddle jump-

- Do: start feet together, arms straight out to side, jump to straddle position, legs straight, returning feet together, chest up.
- Don't: bend arms and legs, drop chest.

Seat drop-

- Do: arms straight in front of torso, jumping up, bring legs straight in front, landing on bottom, bouncing back to feet, chest up.
- Don't: drop chest, land feet underneath bottom, hands down/ behind when dropping down.