



Preschool Skill Progression Checklist

WEEK 1

Floor:

- Pike x10sec
- Straddle x10sec
- Shoulder stretch x10sec
- Push-up hold x10sec + position push-ups 3
- Lunge position (wall) x10sec
- Lever (wall) x10sec

Beam:

- Front walks (go and come back) x2
- Backward walks (go and come back) x2
- Bunny Hops (go and come back) x2
- Bear Crawls (go and come back) x2

Vault:

- Flat body Facing up (No wall) x10sec
- Run x10sec
- Frog Jumps x5
- Hurdle position (wall) x10sec

Bars:

- Hollow position x10sec
- Cast position x10sec
- Tuck and "L" game x5
- Passé position hold x5sec

WEEK 2

Floor:

- Single leg jumps (go and come back) x4
- Lunge position (No Wall) x10sec
- Beginner handstand x10
- Skips (go and come back) x2

Beam:

- Front walks (go and come back) x2
- Backward walks (go and come back) x2
- Sideways walks (go and come back) x2
- Arabesque Hold x10sec

Vault:

- Arm circle to board position x10
- Flat body facing up (wall) x10sec
- Stick position hold x10sec
- Frog jumps x10

Bars:

- Front support x10sec
- Leg lifts x10
- Cast position x10sec
- Hollow position x10sec

WEEK 3

Floor:

- Straight jumps x10
- Spiderman handstand x10
- Lever (No wall) x10

Beam:

- Front Walks (go and come back) x2
- Backward walks (go and come back) x2
- Sideways walks (go and come back) x2
- Front kicks (go and come back) x2
- Sidekicks (go and come back) x2
- Scale Hold x10sec

Vault:

- Flat body facing down x10sec
- Arms circle +jump x10
- Jumps off to stick position x10
- Imaginary chair x10sec

Bars:

- Candle hold x10sec
- Cast position x10sec + 3 push-ups
- Hollow rock x10

WEEK 4

Floor:

- Tuck jumps x10
- Baby handstand x10
- Lunges x10

Beam:

- Front Walks (go and come back) x2
- Backward walks (go and come back) x2
- Sideways walks (go and come back) x2
- Front kicks (go and come back) x2
- Side kicks (go and come back) x2
- Stationary Back kick x10

Vault:

- Flat body facing down (wall) x10sec
- Crab walks (go and come back) x2
- Arms swing x10

Bars:

- Candle lift x10
- Modified V-ups x3
- Cast +shoulder Rocks x10
- 5 sec arabesque + 5 sec scale