

# PRESCHOOL BASICS

Things preschoolers should know before moving to rec:

- |   |  |  |
|---|--|--|
| <b>Floor</b> <ul style="list-style-type: none"><li>• Which foot is their “favorite”</li><li>• How to start a cartwheel &amp; handstand → lunge</li><li>• How to start &amp; finish a forward roll</li><li>• Vault → run, jump with two feet (one time) and freeze</li></ul> | <b>Bars</b> <ul style="list-style-type: none"><li>• Front support</li><li>• Cast</li><li>• Understand the concept of a chin up pullover</li><li>• Tummy roll</li><li>• Glide swing with barrel</li></ul> | <b>Beam</b> <ul style="list-style-type: none"><li>• Hands on hips to learn to stabilize using core</li><li>• Releve</li><li>• Small kicks</li><li>• Sideways</li></ul> |
| <b>Trampoline</b> <ul style="list-style-type: none"><li>• Straight jump</li><li>• Tuck jump</li></ul>   | <b>Parallel Bars/Rings</b> <ul style="list-style-type: none"><li>• Support hold</li><li>• Donut ears</li><li>• Tuck hold</li></ul>   | <b>Body positions</b> <ul style="list-style-type: none"><li>• Straddle</li><li>• Tuck</li><li>• Pike</li><li>• Releve (for girls)</li><li>• Lunge</li></ul>            |