

BEGINNER SKILL LIST/ PROGRESSION

Vault-

Running technique

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

Hurdles

- Step of box, jump to stick
- 3- 5 step run, hurdle, straight jump
- Hurdle over object, rebound off board to 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 jumps/ rebounds
- Jumping on, over and off multiple boxes
- Jumps on and off blocks
- Two step off block, rebound, to next block (3 blocks & 2 boards)
- Straight jumps with arm circles

Landings

- Jumps off and on a panel mat
- Jumps of spot blocks
- Jumping backwards off panel mat
- Jump of panel mat ½ turn
- Tuck jumps off different heights to stuck landings
- Jump full turns

Bars-

Positions

- Toes to bar hang (SOLE HANG)
- Long hang
- Front support
- Hang and shimmy across bar
- Chin hold
- Land on back from sole hang
- Walk feet up wall to candlestick

Rotation

- Front support, roll over bar
- Skin the cat
- Pullover- chest height bar (1 leg kick over)

Swings

- 3 front support swings- hips on bar
- 3 small long hang swings
- Cast, push away from bar, land in stick
- 3 glide swing
- 3 pendular swings (side to side)
- 3 front support swings (cast)- hips off bar
- Glide swings off/on to panel mat

Beam-

Locomotions

- Walking across beam
- Fast walks/ running across low beam
- Skipping low beam
- Walking backwards

Rotations

- Hands on beam, jump feet (cartwheel) over
- 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)
- Straight jump backwards off low beam (stuck)
- Jump ½ turn to stick- low beam

Springs

- Baby hops over foam blocks on low beam
- 2 foot jump onto low beam
- Jump to front support

Positions

- 2 & 3 point balances
- Pike
- Straddle
- Tuck
- "L" sit
- Passe'
- Arabesque

Jumps

- Straight jumps
- Tuck jumps

Floor-

Springs

- 5 chasse' connected
- Skipping

Positions

- Front support
- Side support
- Back supports
- 2 & 3 point balances

Landings

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

Rotations

- Fwd roll down incline
- Log roll
- Bwd roll down incline
- Fwd roll to feet
- Jump full turn
- Tripod balance roll out in tuck position
- Fwd roll off panel mat
- Hollow body log rolls
- Candlestick
- Handstand
- Bwd roll to feet
- Dive roll down incline
- Cartwheel