

**Gymnastics Plus
Recreational Program
Beginner Girl Class Level - Skills**

Aug 2010 - Our Recreational Gymnastics Program starts with the Beginner Class Level -Girls, with basics on the 4 Olympic events (Vault, Bars, Beam and Floor). Instruction focuses on safety, fitness, flexibility and strength. Within the Beginner Class Level, there are three (3) Achievement Levels - Red, White and Blue. As the student gets stronger and moves from level to level, they will be challenged to try new and different fundamental skills on all 4 events. Our program also uses Trampolines, In-Ground Pits, Spring Floor and Tumble Track.

Under each Achievement Level, the skills that are **underlined and in bold** print are the **REQUIRED** skills under each event that gymnasts need to successfully master in order to complete that Achievement Level. Testing of students' skills will be begin after the 2nd week of class.

BEGINNERS *GIRLS*			
	LEVEL 1 (Red Ribbon)	LEVEL 2 (White Ribbon)	LEVEL 3 (Blue Ribbon)
FLOOR			
	<u>Forward Roll</u>	Handstand on supported surface	Spotted Handstand to Roll
	Back Roll on incline surface	<u>Back Roll on flat surface</u>	Back Roll to push up shape
	3 Lunge Levers (R & L)	Kick up to Handstand on mat	<u>3/4 Handstand to Lever Lunge</u>
	<u>Push up to Bridge</u>	3 Bridge Rocks & Leg Lifts	<u>Bridge Kick Over spotted or supported</u>
		<u>Intro to Cartwheel</u>	Cartwheel with spot
VAULT			
	Run	<u>Run (high knees / arm swing)</u>	Smooth, Quick, Run
	Jump on /off spring board	<u>Run jump on / off board to Roll</u>	<u>Run jump to roll on whale mat</u>
	<u>Squat on to raised surface</u>	Run squat on to whale mat	<u>Run Squat on to vault table</u>
	5 Arch rocks & 5 Hollow rocks	Donkey Kicks	Donkey Kicks to Handstand Fall Flat
	<u>Jump Safety Landing</u>		
BARS			
	<u>3 sec. chin hold</u>	Pull over with helper mat	<u>Pull over with spot</u>
	<u>Front Support</u>	<u>Front roll over bar (wrist shift)</u>	Leg cut / Stride support
	3 support leg swings	<u>Small Cast</u>	3 small cast
	Hang lift legs to bar (low bar)	3 hang leg lifts (low bar)	<u>Swing Re-grasp</u>
BEAM (low beam ONLY)			
	<u>Side Mount Walking (f, s, b)</u>	Knee lifts(Marching)	Leg Kicks
	<u>Jump side Dismount</u>	<u>Knee scale</u>	<u>"V" sit</u>
	Front roll on matted beam	Front roll on floor beam	<u>front roll on matted (med beam)</u>
	Pivot turns	<u>2 Pivot turns connected</u>	Squat Turn
	Small Straight Jumps	Tuck jump	2 jumps connected
JUMPS / TURN / SHAPES			
	<u>Straight/ Tuck/ Straddle</u>	<u>Straight jump & Jump 1/2 turn</u>	<u>Lunge / Lever</u>
	Straddle / Split Position	<u>correct splits position (1 side)</u>	<u>Leap over carpet (landing 1 foot scale)</u>
	<u>Mountain / Seal</u>	pike rocks	Layout rocks / Layout rolls
	Pike Jumps	Chasse / Skipping	Hurdle