

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

Aug 2010 - Our Recreational Gymnastics Program continues with advancement from the Beginner Class Level to the Intermediate Class Level-Girls. Basic skills are worked in progression drills on the 4 Olympic events (Vault, Bars, Beam and Floor). Instruction focuses on safety, fitness, flexibility and strength. Skills are achieved at a faster pace when the student is enrolled to attend more than once a week. Within the Intermediate 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 drills for progression to achieve the tricks 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 begin after the 2nd week of class.

INTERMEDIATE **GIRLS**			
	LEVEL 1 (Red Ribbon)	LEVEL 2 (White Ribbon)	LEVEL 3 (Blue Ribbon)
FLOOR			
	<u>Kick handstand roll on mat</u>	<u>Kick handstand arch to Bridge</u>	HS walk (4 steps)
	Back roll with hands inward	Back roll to legs on raised mat	Back ex. (3/4 handstand)
	Bridge with 1 leg held up	Bridge kick over on incline	<u>Bridge kick over on flat surface</u>
	Straddle forward roll	<u>Stand to arch to bridge on mat</u>	<u>Bridge rock to stand up</u>
	<u>Cartwheel</u>	Cartwheel on line	Introduction to Roundoff
VAULT			
	Run (time)	Run (time)	Run(time)
	<u>Run tuck jump off board to whale</u>	<u>Run straight jump to whale</u>	<u>Run 3/4 Handstand Fall Flat</u>
	Run squat on to low table vault	Run squat on to 110 cm vault	Run quat on to 115 cm vault
	<u>Donkey kicks to HS fall</u>	<u>Run to Under Arm Dive Roll</u>	<u>Spotted Handstand off Vault</u>
BARS			
	<u>Pull over</u>	Pull over	Pull over
	High support position held 3 sec.	<u>High support front roll over bar</u>	<u>Front hip circle with spot</u>
	<u>High stride support held 3 sec.</u>	Knee swing down / up	<u>Fall forward in stride support with spot</u>
	Cast fall back with straight arms	<u>Cast back hip circle with spot</u>	Cast back hip circle
BEAM (med. beam)			
med / high	<u>Side Mount Walking (f. s. b)</u>	<u>Straight Jumps</u>	leg kicks
	Knee Lifts (Marching)	knee scale / "V" sit	Intro to dismount at end of beam
med	Front roll on matted beam	front roll on floor beam	front roll on matted (med beam)
	Pivot Turn	2 pivot turns connected	squat turn
low / floor beam	Tuck jumps	2 jumps connected	<u>1/2 turn on toe</u>
	<u>Levers (R &L)</u>	<u>3/4 handstand</u>	<u>Cartwheel</u>
JUMPS / TURN / SHAPES			
	Straight jump 1/2 turn	Tuck jump 1/2 turn	<u>Split Jump</u>
	Chasse R & L	<u>Correct splits position (2 side)</u>	Tuck & Straddle jump 90 deg. hip angle
	<u>Split leap</u>	<u>Correct straddle splits position</u>	Rolling layout shapes
	<u>Jump 1/1 turn</u>	2 leaps in a row	<u>Hurdle</u>