

# Parks & Rec Gymnastics Program

## Beginning Gymnastics

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### PREREQUISITES

- None

### SKILLS WORKED ON IN CLASS

- **Floor**
  - Forward roll
  - Backward roll
  - Handstand
  - Cartwheel
  - Introduce handstand bridge
  - Introduce handstand roll
  - Introduce bridge back
  - Introduce bridge kick over
- **Bars**
  - Pullover
  - Backhip circle
  - 3 cast jump off
- **Beam**
  - Safety rolls
  - Forward walk
  - Backward walk
  - Side steps
  - Kick walks
  - Dip walks
  - Bunny hops
- **Vault**
  - Jumping two feet
  - Straight jump
  - Straddle jump
  - Tuck jump

### SKILLS TO MOVE TO INTERMEDIATE

- **Floor**
  - Forward roll
  - Backward roll
  - Strong handstand
  - Strong cartwheel
  - Understanding of handstand forward roll
  - Understanding of handstand bridge
  - Understanding of bridge back
  - Understanding of bridge kick over
- **Bars**
  - Pullover (light spot)
  - Backhip circle (understanding)
  - 3 cast jump off
- **Beam**
  - Safety roll
  - Knows the different walks
  - Can get on beam alone
  - Can walk on high beam with minimal support
- **Vault**
  - Two foot jump
  - Controlled landing

# Intermediate gymnastics

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## PREREQUISITES

- **Floor**
  - Forward roll
  - Backward roll
  - Strong handstand
  - Strong cartwheel
- **Bars**
  - Pullover (light spot)
  - Backhip circle (understanding)
  - 3 cast jump off
- **Beam**
  - Safety roll
  - Knows the different walks
  - Can get on beam alone
  - Can walk on high beam with minimal support
- **Vault**
  - Two foot jump
  - Controlled landing

## SKILLS WORKED ON IN INTERMEDIATE

- **Floor**
  - Handstand Forward roll
  - Handstand bridge
  - Backbend (bridge back)
  - Bridge kick over
  - Round off
- **Bars**
  - Pullover
  - Backhip circle
- **Beam**
  - Forward walk
  - Backward walk
  - Side steps
  - Kick walks
  - Dip walks
  - Bunny hops
  - Straight jump
  - Tuck jump
  - Lever
- **Vault**
  - Arm circle straight jump
  - Arm circle straight jump to blocks
  - Handstand flatback drill (wedge)

## SKILLS TO MOVE TO ADVANCED

- **Floor**
  - Handstand roll on floor
  - Handstand bridge on floor
  - Bridge back on floor
  - Bridge kick over on mat
  - Round off on floor
- **Beam**
  - All walks on high beam with confidence
  - Lever on beam
- **Bars**
  - Pullover alone
  - Backhip circle light spot
- **Vault**
  - Arm circle straight jump to block (or mats stacked)
  - Handstand flat back on wedg

# Advanced

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## PREREQUISITES

- **Floor**
  - Handstand roll on floor
  - Handstand bridge on floor
  - Bridge back on floor
  - Bridge kick over on mat
  - Round off on floor
- **Beam**
  - All walks on high beam with confidence
  - Lever on beam
- **Bars**
  - Pullover alone
  - Backhip circle light spot
- **Vault**
  - Arm circle straight jump to block (or mats stacked)
  - Handstand flatback on wedge

## SKILLS WORKED ON IN ADVANCED

- **Floor**
  - Bridge kick over floor
  - Back walkover
  - Back handsprings
  - Round off
  - Running round off
  - Progress as needed
- **Bars**
  - Back hip circle alone
  - Front hip circle
  - Stride circle
  - Progress as needed
- **Beam**
  - Handstands on beam
  - Cartwheel on beam
  - ½ turn on beam
  - Progress as needed
- **Vault**
  - Handstand flatback on mats
  - Progress as needed