

# Girls Skills Progressions

## Red – Level I

1. Vault
  - a. Run in place
  - b. Run in straight line
  - c. Standing straight jump off springboard
  - d. Three steps, punch springboard, straight jump
2. Bars
  - a. Incline pull-ups (5)
  - b. Three casts – hips off bar
  - c. Three dips 25 degrees
  - d. Roll down – spotted
3. Floor Beam
  - a. Walk forward
  - b. One foot balance (3 seconds)
  - c. Walks (back, both sides) flat feet
  - d. Stretch jump dismount
4. Floor
  - a. Forward roll
  - b. Front straddle roll on wedge
  - c. Lunge – Arabesque – Lunge
  - d. Candlestick - roll up to feet
  - e. Split jump
5. Trampoline
  - a. Demonstrate on and off procedures
  - b. Three jumps, stick
  - c. Jump over the center line and back
  - d. Five jumps on center line, arms straight up
6. Dance
  - a. Basic positions, tuck, straddle, pike, stand
  - b. Lunge – both legs
  - c. Skips with arm circle, high knee
  - d. Level 1 Beam and Floor dance skills
7. Safety Rule
  - a. No running through the gym
  - b. Pay attention when the coach is talking
  - c. Use equipment only as instructed
  - d. Keep your hands to yourself
  - e. Stay off the blue mats unless that is your station

# Girls Skills Progressions

## White – Level 2

1. Vault
  - a. Straight jump
  - b. Straddle jump
  - c. Tuck jump
  - d. Run fast with good form
  - e. Jump half turn
2. Bars
  - a. Parallette support (10 seconds)
  - b. Straddle hang (5 seconds)
  - c. Three straddle leg lifts – with help
3. Floor Beam
  - a. Forward chasse – right and left
  - b. Lunge to Arabesque
  - c. V-sit
  - d. Waltz steps (down, up, up)
4. Floor
  - a. Backward roll on wedge mat
  - b. Side cartwheel, front cartwheel
  - c. Headstand (with help)
  - d. Lunge, handstand, lunge
  - e. Lunge-handstand, switch legs lunge (both legs)
5. Trampoline
  - a. Jump, half-turn
  - b. Straddle jump
  - c. Tuck jump
  - d. Seat drop on resi mat
6. Tumble Tramp
  - a. Straight jumps down tramp to mat
  - b. Straight jumps down tramp to mat, tuck jump up to mat
  - c. Straight jumps down tramp to mat, straddle jump up to mat
  - d. Straight jumps down tramp to mat, ½ turn jump up to mat
7. Dance
  - a. Demi plie
  - b. Releve walks
  - c. Sitting turn-out point, flex
  - d. Split leaps

# Girls Skills Progressions

## Blue – Level 3

1. Vault
  - a. Standing on board, forward roll onto resi (spotted)
  - b. Kick handstand flat back on 8" mat
2. Bars
  - a. Back hip circle
  - b. Inverted hang with help (5 seconds)
  - c. Pull over, low bar
3. Beam
  - a. Knee scale
  - b. Leg swings
  - c. Pivot half-turn in releve, both ways
  - d. Step hop demi plie
  - e. Two stretch jumps (connected)
4. Floor
  - a. Back piked roll to tunnel on wedge mat
  - b. Handstand roll down – spotted
  - c. Back tuck roll on wedge mat
  - d. Side chasse, 180 turn, side chasse
  - e. Split jump, split jump
  - f. Step hurdle cartwheel to lunge
5. Trampoline
  - a. Seat drop from standing position on tramp
  - b. (Routine) Straddle jump, bounce, half-turn, bounce, tuck jump, stick
6. Tumble Tramp
  - a. Run, hurdle jump, straight jump to mat
7. Dance
  - a. Arabesque
  - b. Bridge
  - c. Coupe walks
  - d. Leg swings (toe is last to leave floor)
  - e. Walks

# Girls Skills Progressions

## Bronze – Level 4

1. Vault
  - a. Stand on board, jump and roll to stack mats or resi (not spotted)
  - b. Three to 5 steps, jump to forward roll onto stack mats or resi
  - c. Dive roll onto stack mats or resi (spotted)
2. Bars
  - a. Ten incline pull-ups
  - b. Inverted hang (5 seconds)
  - c. Upside-down straddle hang (5 seconds)
3. Beam
  - a. Three 180 degree turns in a row
  - b. Dip walk to leap landing, hold 2 seconds – left
  - c. Dip walk to leap landing, hold 2 seconds – right
  - d. Tuck jump dismount
4. Floor
  - a. Front scale
  - b. Kick handstand against a wall – hold 5 seconds
  - c. Standing round off
  - d. Walk up wall to handstand – hold 15 seconds
  - e. Backward pike roll on floor
5. Trampoline
  - a. Seat – doggie
  - b. Seat – doggie – seat
  - c. Seat – half turn to feet
6. Tumble Tramp
  - a. Hands on resi, 3 bounces, forward roll
  - b. Bounce up to resi, stop, then do forward roll
7. Positions
  - a. Bridge
  - b. Wall handstand

# Girls Skills Progressions

## Silver – Level 5

1. Vault
  - a. Run, jump from board to stand on 16 inch mat
2. Bars
  - a. Cast half back hip circle stop – hold (with help)
  - b. Right leg cut forward and back (spotted)
3. Beam
  - a. 25 toe raisers
  - b. Front scale
  - c. Pivot turns
  - d. Squat turns
  - e. Tuck jump
4. Floor
  - a. Side cartwheel both ways
  - b. Front cartwheel – Lever in and out – Lunge to lunge
  - c. Backward tuck roll on floor
  - d. Kick handstand, roll down on 4 inch mat
5. Trampoline
  - a. Front drop on resi
  - b. (Routine) Tuck, straddle, seat, doggie, seat, half-turn, stick.
6. Tumble Tramp
  - a. Bunny hops to forward roll on mat (spotted)
7. Positions
  - a. Bridge lift leg up
  - b. Mat bridge – 10 seconds

# Girls Skills Progressions

## Gold – Level 6

1. Vault
  - a. Run to jump on board to handstand flat back
  - b. Run to front tuck on to resi – spotted
2. Bars
  - a. Pull over
  - b. Cast back hip circle
  - c. Cast under bar shoot
  - d. Straddle leg lift on high bar
3. Beam
  - a. Ten left foot toe raisers
  - b. Ten right foot toe raisers
  - c. Swing turn
  - d. Straight jump – tuck jump, connected
4. Floor
  - a. Cartwheel step in
  - b. Kick handstand over to bridge on wedge
  - c. Split leaps
  - d. Standing split jumps
  - e. Tripod or headstand
5. Trampoline
  - a. Back drop on resi
  - b. (Routine) Seat, doggie, front (with sting mat)
6. Positions
  - a. Mat bridge kick over