

Preschool Skills Progressions

Red – Level 1

Vault

- a. Run with good form
- b. Bunny hops in place
- c. Bunny hops across floor

Bars

- a. Tuck hang 5 seconds
- b. Jump to front support
- c. Incline pull-up hold 5 seconds

Floor Beam

- a. Jump off forward
- b. Jump off sideward
- c. Jump off backward

Floor

- a. Log roll right
- b. Log roll left
- c. Tuck and roll

Positions

- a. Straight
- b. Straddle
- c. Tuck
- d. Point
- e. Flex

Preschool Skills Progressions

White – Level 2

Vault

- a. Three bounces on the board
- b. Jump off 2' mat and stick
- c. Straight jump off board

Bars

- a. Tuck hang 10 seconds
- b. 5 cast in front support
- c. Incline pull-up hold 10 seconds

Floor Beam

- a. Walk forward
- b. Walk sideward right
- c. Walk sideward left

Floor

- a. Jump $\frac{1}{2}$ turn
- b. Bear walk forward
- c. Bear walk backward
- d. Candlestick roll-up to seat

Positions

- a. Pike
- b. Arch
- c. Hollow
- d. Pancake

Preschool Skills Progressions

Blue - Level 3

Vault

- a. Straddle jump
- b. Tuck jump
- c. Straight jump $\frac{1}{2}$ turn

Bars

- a. 5 cast push away stick
- b. 5 Incline pull-ups

Floor Beam

- a. Walk backward
- b. Walk forward $\frac{1}{2}$ turn walk backward
- c. Bunny hops

Floor

- a. Forward roll on wedge
- b. Forward straddle roll on wedge
- c. Candlestick - roll up to feet

Positions

- a. Front lunge right
- b. Front lunge left
- c. Arabesque
- d. Side lunge right
- e. Side lunge left

Preschool Skills Progressions

Bronze - Level 4

Vault

- a. Straight jump up 6" above board

Bars

- a. Sideways horizontal climb right
- b. Sideways horizontal climb left
- c. Hand-over-hand climb forward
- d. Straddle toe-on hang
- e. Bent arm hang - 5 seconds

Floor Beam

- a. Crawl
- b. Toe-to-knee walk
- c. Dip walk

Floor

- a. Forward roll
- b. Front straddle roll
- c. Backward straddle roll on wedge

Challenges

- a. Crab walk
- b. Wall handstand 45 degrees - 5 seconds

Stretches

- a. Straddle stretch right
- b. Straddle stretch left
- c. Seal stretch
- d. Cat stretch
- e. Butterfly
- f. Camels and turtles (kneeling hollow and arch)

Preschool Skills Progressions

Silver – Level 5

Vault

- a. Skipping with arm circles

Bars

- a. 10 incline pull-ups
- b. Pull to inverted hang with coaches help, hold for 5 seconds
- c. Upside-down straddle hang

Floor Beam

- a. Bear walk
- b. Walk forward on toe

Floor

- a. Chasse forward right and left
- b. Chasse sideward right and left
- c. Frog hops
- d. Piked backward roll on wedge
- e. Squat jumps
- f. Tucked backward roll on wedge

Parallettes

- a. Tuck support for 5 seconds

Positions

- a. Front support for 5 seconds
- b. Rear support for 5 seconds
- c. Side arch hold left for 5 seconds
- d. Side arch hold right for 5 seconds
- e. Side support left for 5 seconds
- f. Side support right for 5 seconds

Preschool Skills Progressions

Gold - Level 6

Vault

- a. Wall hand stand.

Bars

- a. One pull up
- b. Pull over to front support with coach
- c. Skin the cat (with spot)
- d. Straddle leg lift
- e. Three cast to inverted hang

Floor Beam

- a. Three 180 degree turns in a row

Floor

- a. Backward piked roll
- b. Backward straddle roll
- c. Backward tucked roll
- d. Lunge kick handstand lunge
- e. Lunge kick handstand lunge switch legs
- f. Side cartwheel

Positions

- a. Left split lunge
- b. Middle splits
- c. Pancake with head on the ground
- d. Right split lunge
- e. Shoulder stretch
- f. Wall handstand all the way up - 5 seconds