

# Girls Skills Progressions

## Red Level - 1

### 1. Vault

- a. Run in place with good form
- b. Run down runway with good form
- c. Standing straight jump off springboard
- d. Three steps, punch springboard, straight jump

### 2. Bars

- a. Five – 45-degree angle pull-ups
- b. Three casts – hips off bar
- c. Five shrugs in front support
- d. Roll down (spotted)

### 3. Floor Beam

- a. Stretch jump
- b. One foot balance (3 seconds)
- c. Walks (front, both sides, back) flat feet
- d. Stretch jump dismount (all directions)

### 4. Floor

- a. Bunny hops both ways, tuck jumps – every day
- b. Candle stick roll up – every day
- c. Lunge – Arabesque – Lunge (**CORRECT TECHNIQUE**)
- d. Forward roll
- e. Split jump

### 5. Trampoline **NOTE: CORRECT TECHNIQUE ON EVERYTHING**

- a. Demonstrate on and off procedures
- b. Three jumps, stick
- c. Jump over the center line forward and back controlled
- d. Ten jumps on center line, arms straight up

### 6. Dance

- a. Sitting - point, flex feet; pike, tuck, straight, straddle, tight, loose
- b. Lunge – both legs
- c. Skips with arm circle, high knee
- d. Walks – front, back, side

### 7. Safety Rules

- 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. Straddle jump
- b. Tuck jump
- c. Jump half turn
- d. Skipping with arm circle

### 2. Bars

- a. Bent arm hang 3 seconds
- b. Parallette support (10 seconds)
- c. Straddle hang (5 seconds)
- d. Three straddle leg lifts (spotted)

### 3. Floor Beam

- a. Forward chasse – right and left
- b. Step to lunge pose
- c. Bunny hops
- d. Twenty-five toe raisers

### 4. Floor

- a. Back straddle roll on wedge mat
- b. Back pike and tuck roll **TO TUNNEL** on wedge
- c. Side cartwheel
- d. Lunge, handstand, lunge
- e. Lunge-handstand, switch legs lunge

### 5. Trampoline

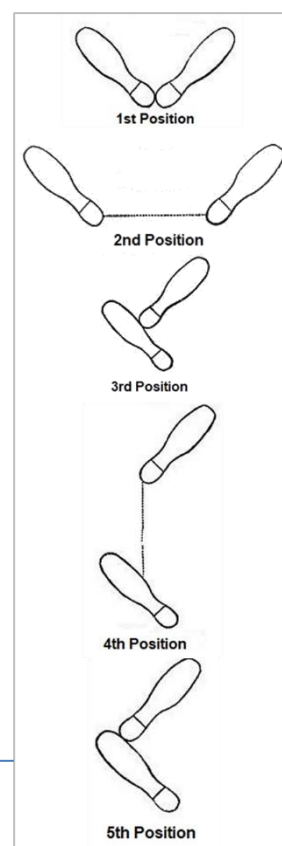
- a. 10 jumps in middle with arm circles
- b. Jump, half-turn
- c. Straddle jump
- d. Tuck jump

### 6. Dance

- a. Demi plie
- b. Releve walks, leg swings, dip walks
- c. Sitting turn-out, turn-in, parallel, point, flex
- d. Ballet Foot positions First, Second, Third, Fourth, Fifth

### 7. 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



# Girls Skills Progressions

## Blue Level - 3

1. Vault
  - a. Standing on board, forward roll onto 8" mat
  - b. Standing on board, forward roll onto 16" mat
  - c. Standing on board, forward roll onto resi (24" mat)
  - d. Kick handstand flat back (spotted)
2. Bars
  - a. Back hip circle (spotted)
  - b. Inverted hang with help (5 seconds)
  - c. 1 pull up
  - d. 1 straddle-leg lift on low bar
3. Floor Beam
  - a. Lunge – arabesque - lunge
  - b. Leg swings into releve both legs
  - c. Step lock pivot turn in releve, both ways
  - d. Two stretch jumps (connected)
4. Floor
  - a. Handstand roll down on 4" mat (spotted)
  - b. Side chasse both ways
  - c. Split jump, split jump connected
  - d. Front cartwheel, lever in lever out
  - e. Back straddle roll on floor
5. Trampoline
  - a. Seat drop on resi mat
  - b. Pike jump
  - c. Seat drop from a stand on tramp
  - d. Seat drop from a small bounce
6. Dance
  - a. Arabesque
  - b. Bridge
  - c. Coupe walks
  - d. Leg swings (toe is last to leave floor)
  - e. Turn drills
7. Tumble Tramp
  - a. Run, hurdle step, **straight** jump to mat
  - b. Run, hurdle step, **straddle** jump to mat
  - c. Run, hurdle step, **tuck** jump to mat
  - d. Run, hurdle step, **pike** jump to mat

# **Girls Skills Progressions**

## **Bronze Level - 4**

### **1. Vault**

- a. Straight jump onto 16" mat
- b. Straight jump onto 24" mat (resi)
- c. Run 3 steps jump forward roll onto resi (spotted)
- d. Dive roll onto resi (spotted)

### **2. Bars**

- a. Ten incline pull-ups
- b. Inverted hang (5 seconds) – toes over bar
- c. 50 bungee pull ups
- d. 1 straddle leg lift high bar

### **3. Floor Beam**

- a. Knee scale and "V" seat
- b. Three pivot turns in a row
- c. Dip walk to leap landing, hold 2 seconds both legs
- d. Tuck jump dismount

### **4. Floor**

- a. Front scale
- b. Walk up wall to handstand – hold 15 seconds
- c. Cartwheel step-in
- d. Backward pike and tuck roll on floor
- e. Skipping with arm circle

### **5. Trampoline**

- a. Seat drop – doggie drop
- b. Seat – doggie - seat
- c. Seat – half turn to feet
- d. (Routine) Straddle jump, half turn, tuck jump, stick

### **6. Positions**

- a. Bridge

### **7. Tumble Tramp**

- a. Hands on resi, 3 bounces, forward roll
- b. Bounce up to resi, stop, then do forward roll
- c. Bounce up to resi, no stop, forward roll (spotted)

# Girls Skills Progressions

## Silver Level - 5

1. Vault
  - a. Kick handstand flat back (no help)
  - b. Level 2 vault
  - c. Tucked front flip onto resi with arm circles
  - d. Run, front tuck into foam pit over waist high noodle
2. Bars
  - a. Cast **HALF** back hip circle stop – hold (with help)
  - b. Bent arm hang (5 seconds)
  - c. Kick pullover on low bar
  - d. 30 second hang on high bar
3. Floor Beam
  - a. Waltz steps
  - b. Lunge, front scale, Lunge
  - c. Swing turns
  - d. Tuck jump
4. Floor
  - a. Front straddle roll on wedge mat and floor
  - b. Step skip cartwheel
  - c. Standing round-off
  - d. Kick handstand, 1 second hold
  - e. Three steps, skip, cartwheel
5. Trampoline
  - a. Seat – doggie – Seat – doggie – seat
  - b. Front drop on resi mat
  - c. (Routine) Tuck, straddle, seat, doggie, seat, stick.
6. Positions
  - a. Bridge lift leg up
  - b. Mat bridge
7. Tumble Tramp
  - a. Bunny hops to forward roll on wedge mat
  - b. Bunny hops, front flip to seat drop on wedge mat

# **Girls Skills Progressions**

## **Gold Level - 6**

### **1. Vault**

- a. 30 second wall handstand
- b. High knee run – deer run – heal kicks
- c. 15 second hold, wall handstand, hands 1 foot from wall, hold, back to wall  
**SPOTTED!**
- d. Handspring block drill

### **2. Bars**

- a. Cast back hip circle
- b. Cast under bar shoot
- c. Pull over feet together
- d. Cast to horizontal

### **3. Floor Beam and high beam**

- a. Jump to front support lift leg over
- b. Straight jump dismounts off fat beam
- c. Lever to “T”
- d. Tuck jump

### **4. Floor**

- a. Half turn
- b. Bridge kick over
- c. Step skip round-off rebound
- d. Tripod or headstand
- e. Two second handstand

### **5. Trampoline**

- a. Back drop on resi
- b. Front drop on 4-inch mat on tramp
- c. (Routine) Seat, doggie, front drop

### **6. Positions**

- a. Mat bridge kick over