

Developmental Skills

Motor Development

1. Roll over - back to front
2. Roll over - front to back
3. Sit up - with support of hands
4. Sit up - without support of hands
5. Crawl
6. Support whole weight on legs
7. Reach out with one hand
8. Transfer object from one hand to the other
9. Shake rattle toy
10. Throw ball or beanie
11. Knock two objects together
12. Pull self to a standing position
13. Stand momentarily without support
14. Walk with one hand being held (at child's level)
15. Take side steps with support
16. Walk 2-3 steps independently

Cognitive/Social Development

1. Respond to own name
2. Respond to sound with prompting
3. Reach for objects
4. Seek/find partially hidden object
5. While sitting, twist to see parent behind him/her without falling
6. Understand simple commands
7. Begin to associate gestures to meanings
8. Begin to know basic body parts
9. Point with first finger at objects
10. Imitate sounds/actions
11. Anticipate activity
12. Make choices and participate in a free-flowing classroom setting



Developmental Skills

Floor Skills

1. Lateral open walk (slide) - feet do not cross - legs slightly bent
2. Crawl/climb up stairs - one at a time
3. Knee bend - 3-5 times
4. Walk forward on cue - vary speed - stop on cue
5. Laterally shift weight from one foot to other
6. Sweet Pea hug roll with parent spot (developing and maintaining tuck position, balance and core strength)
7. Log roll (developing position awareness, pre-twisting awareness) with assistance
8. One Pea forward roll - with assistance
9. Donkey kicks- hands on block

Beam Skills

1. Step up onto beam
2. Stand on beam, proper posture - balance
3. Walk forward
4. Walk sideways
5. Step over objects on beam - with spot
6. Forward hop - feet together - 2-3 times
7. Straight jump dismount - with spot
8. Beam crawl on incline/decline beam - proprioceptive awareness

Bar Skills

1. One Pea front support - from stand - pushing bar until arms are straight
2. Straight hang
3. Barrel push and pull - with assistance
4. Bicycle legs
5. Pre-release (travel hands side by side along bar - hands mirror feet traveling on floor)
6. Suspended swings and rotation in silk/wrap - teacher propelled
7. Lift toes to bar - with spot

Vault Skills

1. Run on path toward vault - on cue
2. Step onto block - freeze
3. Jump off block - land two feet



Developmental Skills

Floor Skills

1. Sideways lateral steps - pre-chassé
2. Squat
3. Jump up and down 3-5 times
4. Table
5. Balance on each foot
6. Two Pea forward roll on incline
7. Straddle roll on incline
8. Two Pea spider handstand
9. Two Pea cartwheel

Beam Skills

1. Stand on beam - hands on hips - balance
2. Walk forward - alternating feet
3. Walk sideways - lateral open transfer
4. Walk backward - alternating feet
5. March length of beam - knees parallel
6. Stand - lower to squat - hands to beam - return
7. Forward jumps
8. Beam crawls

Bar Skills

1. Two Pea front support
2. Straight hang - draw into tuck - return
3. Barrel glide (swing progression)
4. Two Pea swing
5. Straddle tap
6. Mount and dismount uneven bars
7. Lift toes to bar

Vault Skills

1. Run on designated path towards vault - developing bilateral asymmetry
2. Bounces on springboard - two feet on board - two feet landing on block
3. Jump off block - feet together
4. Donkey kicks

Classroom Skills

1. Independently begin and participate in class
2. Understand 5-10 basic gymnastics terms
3. Follow 2-3 simple instructions in a group setting
4. Understand basic body parts as used in a gymnastics setting
5. Begin to discern simple spatial, sequential and directional relationships
6. Anticipate predictable activities
7. Begin to follow structured circuit activities
8. Demonstrate developing social awareness - sharing, taking turns and encouraging others

Two Pea



Developmental Skills

Floor Skills

1. Chassé
2. Passé
3. Squat jump
4. Table
5. Forward roll on incline - finish in tuck
6. Straddle roll on incline
7. Candlestick - start and finish in tuck sit
8. Basic lunge
9. Spider handstand
10. Developmental cartwheel - starting in lunge

Beam Skills

1. Balance on beam - arms in 2nd position
2. Walk forward - relevé - 5 steps
3. Walk forward - alternating steps - hands on hips
4. Walk sideways - lateral open transfer - arms in 2nd position
5. Walk backward - alternating steps - hands on hips
6. Forward leg kicks - hands on hips
7. Forward jump - feet together - hands on hips
8. Beam crawls

Bar Skills

1. Front support - proper hand and wrist positioning
2. Forward roll on bar from standing position
3. Flexed arm hang - 3 seconds
4. Barrel glides - proper body position (swing progression)
5. Swing independently - 2 times
6. Straight hang - draw to tuck - return
7. Bear crawl on uneven bars - hands over top bar, feet on low bar.
8. Window - straddle position

Vault Skills

1. Run on designated path - developing bilateral asymmetry
2. Step - punch springboard - feet together
3. Jump onto block - feet together
4. Donkey kicks - hips up

Classroom Skills

1. Independently participate in class
2. Understand 10-15 gymnastics terms - respond with appropriate activity or skill
3. Follow 3-4 simple instructions
4. Understand basic body terms and positioning related to gymnastics
5. Follow instructions incorporating spatial, sequential and directional cues.
6. Recognize differences in size, shape and color
7. Participate in structured circuit sequences
8. Interact appropriately with peers and instructor

Three Peas



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Developmental Skills

Floor Skills

1. Chassés - to the right and left
2. Squat jump sequence - feet together - 3 count
3. Straight table - 5 second hold
4. Forward roll on incline/floor - finish in squat
5. Straddle roll on incline - finish in bear position
6. Backward roll on incline - proper hand positioning - finish in squat
7. Candlestick - hollow position - finish in squat
8. Spider handstand - hollow position
9. Technical lunge
10. Lever - against wall
11. Cartwheel - proper sequencing - landing on feet

Beam Skills

1. Walk sequence - forward, sideways and backward
2. Relevé walk length of beam - arms in second position
3. Wolf-sit - one leg up, one leg down
4. Passé on beam
5. Arabesque - no hold - arms in 2nd position
6. Straight jump - land in freeze
7. Donkey kick on beam - return to squat

Bar Skills

1. Inverted hang - walk feet up wall
2. Controlled cast - hips on bar - 2 times
3. Front support - forward roll on bar - controlled finish
4. Flexed arm tuck hang - 3 second hold
5. Barrel glides - hollow body
6. Swing 2 times - controlled dismount to freeze
7. Koala crawl on uneven bars (hang from top bar, feet on top of low bar, koala crawl along bars)
8. Window - straight legs in straddle

Vault Skills

1. Run - punch springboard - squat onto block
2. Run - punch springboard - freeze onto block
3. Donkey kicks - hips horizontal - legs straight and together

Classroom Skills

1. Understand and respond to 15-20 gymnastics terms
2. Follow 4-5 basic instructions
3. Recognize and articulate basic colors and shapes used in a gymnastics classroom
4. Participate in group counting - 1-10, 1-20 or 1-30
5. Recognize most numbers
6. Verbalize ABC's with group
7. Distinguish left from right (developing)
8. Demonstrate awareness of rhythmic timing
9. Participate independently in structured station based activities
10. Interact appropriately with instructor and peers - beginning to form meaningful relationships

Four Pea



Developmental Skills

Floor Skills

1. Skip
2. Straight jumps
3. Bridge
4. Forward roll on floor - finish in stretch
5. Straddle roll on floor - proper lift - finish in bear position
6. Candlestick - from stand - return to stand
7. Backward roll down incline - from stand - finish in squat
8. Spider handstand - vertical stacked position
9. L handstand - on block - start and finish in lunge
10. Cartwheel - proper sequencing - finish in lunge

Beam Skills

1. Relevé walks - forward and backward - arms in 2nd
2. V-sit balance on beam
3. Relevé hold - 5 seconds
4. Passé kick sequence
5. Arabesque - 3 second hold
6. Straight jump - with arm swing - land in freeze
7. Donkey kick on beam - return to stand - arms by ears

Bar Skills

1. Pullover progression - from block
2. Controlled cast - hips off bar - controlled finish
3. Forward roll to flexed arm hang
4. Glide swing progression - run feet out, slide back, glide out
5. Re-grip hops - bars set at uneven - hands on low bar feet on high bar
6. Straight body hang - walk hands across bar
7. Straddle swings in window

Vault Skills

1. Run straight line - with acceleration - punch springboard with rebound
2. Arm swing jump - from springboard - to raised mat
3. Hurdle progression - with rebound off springboard - finish in freeze.

Classroom Skills

1. Understand and respond to 20-25 gymnastics terms
2. Follow 5-6 simple instructions
3. Recognize and communicate colors and shapes
4. Count to 10, 20 or 30 independently
5. Recognize written numbers 1-10, 1-20 or 1-30
6. Verbalize ABC's with group and identify written letters of the alphabet
7. Distinguish left from right (emerging)
8. Interpret and move to rhythmic timing
9. Participate in technical structured station activities
10. Interact appropriately with instructor and peers
11. Form meaningful friendships

