

SKILLS LIST

The children are taught a wide variety of skills. We have listed the ones that we would like to have them accomplish in our Twister and Cyclone preschool programs. Incentive ribbons will be given out as they are earned upon completion of any 10 skills, another at 20, 30, etc. Skills need not be from the same category. If you would like to know what skills your child has mastered please feel free to talk to an office person at any time.

LOCOMOTOR SKILLS

1. Walking a straight line
2. Running
3. Relevé walks
4. Jumping on two feet
5. Hopping on one foot
6. Galloping
7. Chassé
8. Skipping
9. Sliding
10. Leaping
11. Bear walk
12. Crab walk

FLOOR EXERCISE

13. Knows gymnastics body positions: Attention, salute, straight body, arch, hollow, pike, tuck/squat, straddle, lunge, stick, finish
14. V-sit on floor
15. Knee scale held 5 counts
16. Lever held 5 counts
17. Crab up held 5 counts
18. Bridge-up held 5 counts
19. Bridge-up kick-over on wedge
20. Bridge down
21. Log roll on floor
22. Forward roll down incline
23. Forward roll on floor
24. Straddle roll down incline
25. Straddle roll on floor
26. Free-style roll down incline
27. Free-style roll on floor
28. Safety roll on floor
29. Candlestick
30. Backward roll down incline
31. Backward roll on floor
32. Front support to rear support
33. Tripod held 5 counts
34. Headstand
35. Monkey jump
36. Cartwheel foundation (hand/foot placement)
37. Cartwheel
38. Donkey kick
39. Proper handstand position (against wall or mat)
40. Handstand on floor (1 sec. hold)
41. Jump 1/2 turn
42. Jump full turn

RINGS

43. Tuck hang (TT)
44. Tuck hang (CY)
45. L hang (TT)
46. L hang (CY)
47. Straddle hang (TT)
48. Straddle hang (CY)
49. Inverted tuck
50. Inverted straight body
51. Inverted pike
52. Long hang swings (high rings)

VAULT

53. Continuous run to spring line
54. 2-foot jump off springboard
55. Straight body jump onto panel mats
56. Stick and finish
57. Good approach start to finish

POMMEL HORSE & MUSHROOM

58. Straddle support swings on pommel
59. Single let cuts on pommel
60. 4 1/4 jumps around mushroom

PARALLEL BARS (Jr. P. Bars)

61. Support hold
62. Tuck support (TT)
63. Tuck support (CY)
64. L support (TT)
65. L support (CY)
66. Straddle walk length of bars (blue p-bars)
67. Straddle walk length of bars
68. Support swings
69. Skin-the-cat dismount

SINGLE - UNEVEN BARS

70. Grip positions: over, under & mixed
71. 2 Chin-ups
72. Tuck hang (TT)
73. Tuck hang (CY)
74. L-hang (TT)
75. L-hang (CY)
76. Straddle L (TT)
77. Straddle L (CY)
78. Muscle up to tucked sole hang
79. Muscle up to piked hang
80. Muscle up to straddle hang
81. Muscle up & skin-the-cat dismount
82. Muscle up & skin-the-cat & return
83. Front support
84. Front support & forward roll down
85. Long hang swing
86. 1/2 turn from a static hang
87. 3 front support casts on low bar
88. Front support casts and dismount
89. 3 "killers" done in a row (bent legs)
90. 3 "killers" done in a row (straight legs)
91. Pullover on low bar

ALL STATIONARY SKILLS ARE HELD TO THE COUNT OF 5.

TRAMPOLINE

92. Controlled bounce and stick
93. Proper arm lifts
94. Jump 1/2 turn
95. Jump full turn
96. Tuck jump (or knee slapper)
97. Pike jump
98. Straddle jump
99. Seat drop to feet
100. Seat drop to knee drop to feet
101. Swivel hips

BALANCE BEAM (LOW)

102. Knows how to fall safely
103. Forward walk
104. Forward walk (high beam)
105. Sideways walk
106. Backwards walk
107. Relevé walk (tip toes)
108. Pivot 1/2 turn
109. Leg lifts
110. Dip kick walk
111. Grapevine walk
112. Gallop
113. Chassé
114. Travel hops
115. Knee scale held 5 counts
116. V-sit held 5 counts
117. Arabesqué held 5 counts
118. Lever held 5 counts
119. Stork stand held 5 counts
120. Passé held 5 counts
121. Straight body jump on beam
122. Front support mount (high beam)
123. Straight jump dismount
124. Straddle body jump dismount
125. Tuck jump dismount
126. Cartwheel dismount

REBOUNding SKILLS

127. 2-foot spring (6 in a row)
128. 2-foot spring over series of 6 objects
129. 2-foot spring to higher elevation
130. 2-foot spring up consecutive levels & down
131. 2-foot spring from one elevated object to another and to floor (jump over river)

DEVELOPMENTAL SKILLS

132. Good listening skills
133. Follows a circuit
134. Demonstrates good form

OTHER SKILLS

135. _____
136. _____
137. _____
138. _____
139. _____

