

# BOYS SKILL CHART

Rookies - 4 & 5 years old - stay until 6 years old!!



REVIEW PREVIOUS SKILLS!!

FLOOR	BAR	Vault	POMMEL HORSE
Forward Roll	Forward Roll	Stretch Jump (off board)	Front Support
Straddle Roll (down incline)	Walk Up the Block	Tuck Jump	Squat Through
Straddle Roll (on floor)	5 Swings	Jump (with 2 feet)	Scissors
Cartwheel (on mat)	5 Leg Lifts	Straight Jump (onto block)	Swing Legs (side to side)
Cartwheel (over mat)	Front Support	Dive Rolls	
Walk Up the Wall	Cast		
Handstand Forward Roll (off mat)	Pullover (with spot)		<b>MUSHROOM</b>
Forward Roll (with Finish)			Walk Around
Backward Roll (down incline)	<b>PARALLEL BARS</b>		Straddle Walk
Cartwheel	Front Support		Circle Around
Start of Lunge to Handstand	Bear Walks		
	Hold L Shape (3 seconds)		
	Start Straddle Travel		
	Front Support with Swings		

Boys 1 - Must have highlighted skills to move to Boys 2!

REVIEW PREVIOUS SKILLS!!

FLOOR	BAR	Vault	POMMEL HORSE
Walk Up the Wall	Forward Roll	Jump (with 2 feet)	Squat Through
Backward Roll (down incline)	Walk Up the Block	<b>Straight Jump (onto block)</b>	Swing Legs (side to side)
Straddle Roll (on floor)	5 Swings	<b>Dive Rolls</b>	<b>Scissors</b>
Cartwheel (on mat)	5 Leg Lifts		<b>Front Support</b>
Cartwheel (over mat)	<b>Front Support</b>		
	<b>Cast</b>		
	<b>Pullover (with spot)</b>		<b>MUSHROOM</b>
			Straddle Walk
<b>Forward Roll (with Finish)</b>	<b>PARALLEL BARS</b>		<b>Walk Around</b>
<b>Cartwheel</b>	Hold L Shape (3 seconds)		<b>Circle Around</b>
<b>Start of Lunge to Handstand</b>	Bear Walks		
<b>Backward Roll (on floor)</b>	<b>Start Support Walk</b>		
<b>Handstand Forward Roll (off mat)</b>	<b>Start Straddle Travel</b>		
<b>Straddle Roll (down incline)</b>	<b>Front Support with Swings</b>		

Boys 2 - Must have highlighted skills to move to Boys 3!

REVIEW PREVIOUS SKILLS!!

FLOOR	BAR	Vault	POMMEL HORSE
Handstand (walking)	Swing 1/2 Turn	<b>Handstand Flatback</b>	<b>Single Leg Travels</b>
One Hand Cartwheel	5 Chin Ups	<b>Dive Roll (over object)</b>	<b>Leg Cuts</b>
	10 Leg Lifts	<b>Jump to Vault</b>	
		<b>Handspring Off</b>	
<b>Handstand Forward Roll</b>	<b>Tap Swing</b>		
<b>Running Cartwheel</b>	<b>Pullover</b>		
<b>Start of Roundoff</b>	<b>Start Back Hip Circle</b>		
<b>Front Handspring (over barrel)</b>	<b>Start Shooting Star Dismount (off block)</b>		<b>MUSHROOM</b>
<b>Backward Roll to Pushup Position</b>			<b>Circle Around</b>
	<b>PARALLEL BARS</b>		
	<b>Support Walk</b>		
	<b>Support Swing</b>		
	<b>Straddle Travel</b>		
	<b>Rear Dismount</b>		

Boys 3

REVIEW PREVIOUS SKILLS!!

FLOOR	BAR	Vault	POMMEL HORSE
Front Handspring (over mat)	<b>Back Hip Circle</b>	Stretched Dive Roll	<b>False Scissors</b>
	<b>Swing to Pullover</b>		<b>1/2 Loop Over Horse</b>
	<b>Shooting Star Dismount</b>	<b>Handspring (over barrel)</b>	
<b>Back Extension</b>	<b>Dead Cow Swings</b>	<b>Handspring (over vault into pit)</b>	
<b>Roundoff</b>			
<b>Front Handspring (on floor)</b>	<b>PARALLEL BARS</b>		
<b>Back Handspring (over barrel)</b>	Support Walk Backward		<b>MUSHROOM</b>
	Start Swing to Handstand		<b>Circle Around</b>
	Pirouette on Low Bars		
	<b>Rear Dismount</b>		
	<b>Long Hang Back Uprise</b>		
	<b>Moy to Upper Arm</b>		
	<b>Glide Swing</b>		