

PRESCHOOL SKILL CHART

Tumbling Tot - **KIDS STAY UNTIL AGE 4!**



FLOOR	BAR	BEAM	VAULT
Tuck	Front Support	Walk Sideways	1 Foot/ 2 Foot Jump
Straddle	Cast Off the Bar	Walk Forward	Standing Jump to 8" mat
Donkey Kick	Walk Up the Block	Walk Backward	Board Jump to mat
Pike	Glide Swings	Small Kicks	Straight Jump
Forward Roll (on floor)	Start of Forward Roll	Bear Crawl	
Walk Up the Wall	Monkey Walks	Walk on Toes (releve)	
Straddle Roll (on incline)	4 Leg Lifts		
Start of Cartwheel	Swing on Rings		

Mighty Mites/ Stars - **KIDS STAY UNTIL AGE 5 OR HAVE THE HIGHLIGHTED SKILLS TO MOVE TO HOT SHOTS!**

FLOOR	BAR	BEAM	VAULT
Forward Roll (tuck position)	Front Support (hold)	Walk Sideways	1 Foot/ 2 Foot Jump
Straddle Roll (down incline)	Front Support Front Roll	Walk Forward	Standing Jump (to 8" mat)
Start Backward Roll (on incline)	One Cast On/ Off the bar	Dip Step Forward	Straight Jump onto Block
Handstand Forward Roll (off mat)	Glide Swings Legs Together	Dip Step Backward	
Cartwheel over mat	Monkey Walks	Small Kicks	
Cartwheel	4 Leg Lifts	Bear Crawls	
Start of Lunge to Handstand	Shooting Star on Incline		
Walk Up the Wall	Cast Off Bar	Walk Backward	
Cartwheel (on mat)	Pullover Walking Up Block	Walk Forward in Releve (toes)	

Hot Shots - **4 & 5 YEAR OLDS ~ NEED TO BE TESTED INTO CLASS**

FLOOR	BAR	BEAM	VAULT
Forward Roll to Finish	Cast On/ Cast Off Bar	Dip Step - Forward	Jump with 2 Feet
Backward Roll (on incline)	Glide Swings (STRAIGHT LEGS)	Dip Step - Backward	Straight Jump Arm Circle
Straddle Roll on Floor	Mini Squat On (floor bar)	Cartwheel Off Floor Beam	
Start Running Cartwheel	Single Leg Cut	Scale	
Cartwheel	Front Support (hold for 10 seconds)	Horizontal Kicks	
Lunge Handstand	Pullovers (on floor)	Pivot Turns	
Handstand against Mat	Pullovers (light spot)	Walk Backward in Releve	Dive Rolls
Bridge	Shooting Star (on incline)	Walk Forward in Releve (toes)	Straight Jump on Block

Super Stars - **4, 5 & 6 YEAR OLDS ~ KIDS ARE HERE UNTIL THEY TURN 6!!!**

FLOOR	BAR	BEAM	VAULT
Forward Roll to Tuck Jump	Squat On (floor bar)	Walk Backward in Releve	Straight Jump with Arm Circle
Backward Roll on floor	3 Casts on Bar (STRAIGHT ARMS)	Horizontal Kicks	Dive Roll
Running Cartwheel	Pullover	Pivot Turns	Start of Handstand
Handstand Forward Roll	Back-hip Circle (with trainer)	Tuck Sits/ V-Sits	
Bridge Kickover on Wedge	Glides (STRAIGHT LEGS)	Start of Handstand (floor beam)	
Bridge Kickover off 8" mat	Re-Grasp Swings	Start of Cartwheel (floor beam)	
Start of Roundoff	Shooting Stars off Block	Round-off (low beam)	
Backbend onto 8" mat			

FROM HERE, GYMNASTS COULD MOVE TO BEGINNER 3/4 TO INTERMEDIATE... PLEASE LOOK @ SKILL SHEETS TO SEE WHERE THEY LINE UP. DO NOT MOVE KIDS UP IF THEY DON'T HAVE THE SKILLS TO DO SO!