

J.A.GYMNASTICS

Girls Progressive Curriculum

LEVEL 1

VAULT

Running Drills

- Pocket running
- Lunge walks
- High knees
- Sprint into pit

Board Drills

- Single leg hops
- Arm circles
- Blastoff to stick, finish
- Step, hurdle, punch, stick

Skills

- Squat on, jump off
- Push-up hold
- Walk feet up wall to $\frac{3}{4}$ handstand hold
- Walk feet up wall to handstand, kick off to flat back

BARS

Holds

- Hang
- Tuck hang
- L-hang
- Chin hold
- Front support
- Candlestick with support

Skills

- Monkey swing down wedge and back
- Spotted pullover up box
- 3 casts with hips on bar
- Spotted back hip circle
- Forward roll

BEAM

Holds Block Beam

- Releve R & L
- Coupe R & L
- Arabesque R & L
- Lunge R & L

Motor Skills High Beam

- Walks all directions
- Knee crawl forward
- Knee crawl backward
- Bear crawl forward & backward

Skills Low Beam

- Jump over object
- Jumps backward
- Lunge, touch, stand
- Toe touch to inch worm hold
- With hands on beam walk feet up to $\frac{3}{4}$ handstand hold
- Pushup to bridge with head on beam

FLOOR

Dance

- L-hold
- Arabesque hold
- L-hold to arabesque hold
- Pencil jump
- Tuck jump
- Split jump
- Star jump

Tumbling

- Log roll both ways down wedge
- Forward roll down wedge
- Forward roll on floor
- Backward roll down wedge
- Lunge, touch, leg lift
- Handstand lead up
- Side cartwheel
- Push-up to full bridge, hold

LEVEL 2

VAULT

Board Drills

- Step, hurdle, straight jump uphill
- 3 running steps, hurdle, straight jump uphill

Skills

- Kick up to handstand, fall to flat back
- From 3 running steps onto 24" mat stack, handstand flat back vault with mini tramp

BARS

Skills

- Glide swing down wedge and back
- Pullover with box
- 3 casts- hips off bars
- Cast, back hip circle

BEAM

Skills

- Lunge, touch, leg lift on block beam
- Handstand leadup on laser beam

FLOOR

Dance

- Step, leap
- Straddle jump

Tumbling

- Backward roll on floor
- Lunge, kick to handstand against wall
- Lunge, cartwheel
- Push-up to single leg bridge, hold for 3 seconds
- Spotted back handspring with pacman
- Step, hurdle, kneel

COURSE SCHEDULE

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Vault Warm-up	Level 1 Vault Skills	Vault Warm-up	Level 1 Vault Skills	Vault Warm-up	Level 2 Vault Skills	Vault Warm-up	Level 2 Vault Skills
Uneven Bar Holds	Level 1 Uneven Bar Skills	Uneven Bar Holds	Level 1 Uneven Bar Skills	Uneven Bar Holds	Level 2 Uneven Bar Skills	Uneven Bar Holds	Level 2 Uneven Bar Skills
Balance Beam Holds on Block Beam & Motor Skills High Beam	Level 1 Balance Beam Skills	Balance Beam Holds on Block Beam & Motor Skills High Beam	Level 1 Balance Beam Skills	Balance Beam Holds on Block Beam & Motor Skills High Beam	Level 2 Balance Beam Skills	Balance Beam Holds on Block Beam & Motor Skills High Beam	Level 2 Balance Beam Skills
Level 1 Floor Exercise Dance	Level 1 Floor Exercise Tumbling	Level 1 Floor Exercise Dance	Level 1 Floor Exercise Tumbling	Level 2 Floor Exercise Dance	Level 2 Floor Exercise Tumbling	Level 2 Floor Exercise Dance	Level 2 Floor Exercise Tumbling