

J.A.GYMNASTICS

Kids Progressive Curriculum

VAULT

Running Drills

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

Board Drills

- Single leg hops
- Hop scotch
- Arm circles
- Blastoff to stick, finish
- Springboard bounces
- 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 feet on block

Skills

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

BEAM

Holds on Block Beam

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

Motor Skills on Block Beam

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

Skills on Low Beam

- Jump over object forward
- 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 half bridge 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
- Donkey kick
- Walk feet up wall to $\frac{3}{4}$ handstand hold
- Baby cartwheel over mat
- Push-up to half bridge, hold

COURSE SCHEDULE

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Vault Warm-up	Vault Development	Vault Warm-up	Vault Development	Vault Warm-up	Vault Development	Vault Warm-up	Vault Development
Uneven Bar Holds	Uneven Bar Skills	Uneven Bar holds	Uneven Bar Skills	Uneven Bar Holds	Uneven Bar Skills	Uneven Bar Holds	Uneven Bar Skills
Balance Beam Holds on Block Beam	Balance Beam Motor Skills on Block Beam	Balance Beam Motor Skills on Low Beam	Balance Beam Holds on Block Beam	Balance Beam Motor Skill on Block Beam	Balance Beam Motor Skills on Low Beam	Balance Beam Holds on Block Beam	Balance Beam Motor Skills on Block Beam
Floor Exercise Dance	Floor Exercise Tumbling	Floor Exercise Dance	Floor Exercise Tumbling	Floor Exercise Dance	Floor Exercise Tumbling	Floor Exercise Dance	Floor Exercise Tumbling

