**Girls Level 1 Gymnastics**

**Prerequisites:**
- Interest in gymnastics 😊

---

**Girls Level 2 Gymnastics**

**Prerequisites:**
- Tumbling Skills:
  - Forward Rolls: tuck/straddled roll
  - Backward Rolls: tuck/straddled roll
  - Cartwheels: Side: Left & Right Front: Left & Right Run, Hurdle Cartwheel
  - Headstand/ with forward roll
  - Single leg lift/Handstand/ Hand stand with forward roll
  - Bridges/from hand stand
  - Backbend
  - Scales
  - 1/2 turns in coupé
  - Jumps: straight/tuck/straddle/ pike/ full turns

**Uneven Bars:**
- Pullover & Cast
- Glide/ Pike to toe touch
- Long hang swing/ w/ ½ turn
- Back hip circle
- Single leg cut/ Jump on squat
- Jump to sole circle dismount

**Balance Beam:**
- Mounts/ Dismounts-jumps
- Walks on toes: forwards/backwards/sideways on both sides
- Dip Step kick walk
- Pivot turns/ ½ turn coupe
- Straight jumps
- Sissone
- Scales
- Assemblé

**Vaulting Skills:**
- Straight run/ Various Jump dismounts
- Run, hurdle with 2 foot jump off board
- 2 foot landings on stacked mats/ with roll
- Squat-ons

---

**Girls Level 3 Gymnastics**

**Prerequisites**
- Tumbling Skills:
  - Handstand Straight arm forward roll
  - Pike Backward roll
  - One arm cartwheels
    - Far Arm: Left & Right
    - Near Arm: Left & Right
  - Round-off
  - Handstand (3 sec hold): Straight/ Straddle/ Split
  - Back-bend kick-over
  - Front Limber
  - Split leap/ full turn/ Fouetté/Tour Jeté

**Uneven Bars:**
- 45° casts/Jump glide
- Straight arm jump to support
- Single leg shoot through
- Single leg up-rise
- Forward stride circle
- Pull over from hang
- Cast, long hand swing / w/ ½ turn

**Balance Beam:**
- Floor/low beam: cartwheel/split leap/ full turns
- High Beam: Small jumps/leaps
- Walks (coupé/passé) on relevé
- Kick turns
- ¾ handstand
- Round off dismount
- Forward roll/Backward roll

**Vaulting Skills:**
- From board to mats: Forward roll
- Handstand forward roll
- On Vault: Squat on with straight jump off
**Girls Level 1 Gymnasts will Learn:**

**Tumbling Skills:**
- Forward Rolls: tuck/ straddle
- Backward Rolls: tuck/ straddle
- Cartwheels:
  - Side: Left & Right
  - Front: Left & Right
  - Run, Hurdle Cartwheel
- Headstand/ with forward roll
- Single leg lift/ Handstand/ Handstand with forward roll
- Bridges/ from hand stand
- Backbend
- Scales
- 1/2 turns in coupé
- Jumps: straight/ tuck/straddle/ pike/ full turns

**Uneven Bars:**
- Pullover & Cast
- Glide/ Pike to toe touch
- Long hang swing/ w/ ½ turn
- Back hip circle
- Single leg cut/ Jump on squat
- Jump to sole circle dismount

**Balance Beam:**
- Mounts/ Dismounts-jumps
- Walks on toes: forwards/ backwards/ sideways on both sides
- Dip Step kick walk
- Pivot turns/ ½ turn coupe
- Straight jumps
- Sissone
- Scales
- Assemblé

**Vaulting Skills:**
- Straight run
- Run, hurdle with 2 foot jump off board
- Various jump dismounts
- 2 foot landings on stacked mats/ with roll
- Squat-ons

---

**Girls Level 2 Gymnasts will Learn:**

**Tumbling Skills:**
- Handstand Straight arm forward roll
- Pike Backward roll
- One arm cartwheels
  - Far Arm: Left & Right
  - Near Arm: Left & Right
- Round-off
- Handstand (3 sec hold): Straight/ Straddle/ Split
- Back-bend kick-over
- Front Limber
- Split leap/ full turn/ Fouetté/Tour Jeté

**Uneven Bars:**
- 45° casts/jump glide
- Straight arm jump to support
- Single leg shoot through
- Single leg up-rise
- Forward stride circle
- Pull over from hang
- Cast, long hand swing / w/ ½ turn

**Balance Beam:**
- Floor/low beam: cartwheel/split leap/ full turns
- High Beam: Small jumps/leaps
- Walks (coupé/pasé) on relevé
- Kick turns
- ¼ handstand
- Round off dismount
- Forward roll/Backward roll

**Vaulting Skills:**
- From board to mats:
  - Forward roll
  - Handstand forward roll
- On Vault: Squat on with straight jump off

---

**Girls Level 3 Gymnasts will Learn:**

**Tumbling Skills:**
- Pike forward roll
- Straight arm back extension roll
- Dive roll
- Aerial cartwheel
- Straddle press handstand
- Handstand pirouette
- Back walkover
- Front walkover
- Front Handspring
- Standing back handspring
- Round-off back handspring

**Uneven Bars:**
- Glide kip/ long hand kip
- Front hip circle
- Cast above horizontal
- Swing, pullover
- Cast, squat on
- Clear hip circle
- Cast to sole circle dismount

**Balance Beam:**
- Floor/low beam: Cartwheel/Handstand
- Medium/high beam: cartwheel/ split leap/ larger jumps
- ½ turns: coupé & passé
- Full turns: coupé & passé
- Back flip dismount

**Vaulting Skills:**
- On Vault: Squat on-
  - front flip off
  - back flip off
- Handstand land flat on mats
- Handspring vault
**Boys Level 1 Gymnastics Prerequisites:**
- Interest in gymnastics 😊

**Boys Level 2 Gymnastics Prerequisites:**

**Tumbling Skills:**
- Forward Rolls: tuck straddle
- Backward Rolls: tuck straddle
- Cartwheels: Side- Left & Right/ Front Back-Left & Right/ Run Hurdle cartwheel
- Headstand / Headstand with forward roll
- Handstand / Handstand with forward roll
- Bridges/ Bride from Handstand
- Backbends/Rock-up
- Scales

**Horizontal Bar:**
- Pullover-Low bar/ from hang
- Long hang swing / long hand swing with 1/2 turn/ Pike to toe touch
- Back hip circle
- Single leg cut
- Jump to sole circle dismount

**Parallel Bars:**
- Jump to straight support
- L Support
- Straight support swings
- Single Leg Cut
- ¼ Turn / ½ Turn
- Straight Arm Walk
- Upper Arm Swings
- Back-up Rise
- Shoulder stand/ with forward roll
- Backswing dismount

**Vaulting Skills:**
- Straight run
- Run, hurdle 2 foot jump off board/ Various Jump dismounts
- 2 foot landings on stacked mats / with roll
- Squat-ons
- Various jump dismounts

**Pommel Horse:**
- Squat through (forward & backward)
- Single Leg Cut
- ½ double leg cut on mushroom

**Still Rings:**
- Straight swings/Inverted hang
- L Hang / Skin the cat/Straight support/ Inlocates

**Boys Level 3 Gymnastics Prerequisites**

**Tumbling Skills:**
- Handstand Straight arm forward roll
- Pike Backward roll
- One arm cartwheels
  - Far Arm: Left & Right
  - Near Arm: Left & Right
- Round-off
- Handstand (3 sec hold): Straight/Straddle/ Split
- Back-bend kick-over
- Front Limber

**Uneven Bars:**
- 45° casts
- Straight arm jump to support
- Single leg shoot through
- Single leg up-rise
- Forward mill circle
- Pull over from hang / Baby Giant
- Cast, long hand swing / w/ ½ turn

**Parallel Bars:**
- Swing to Straddle L support
- Press to straddle stand on bars
- Front Up rise Upper arm kip
- Backward roll
- Glide- Pike back to kip position
- Dismount- front swing off with ½ turn

**Vaulting Skills:**
- From board to mats:
  - Forward roll
  - Handstand forward roll
- On Vault: Squat on with straight jump off

**Pommel Horse:**
- Dbl leg circles on mushroom
- ½ loop on end of horse
- Single Leg travels

**Still Rings:**
- Dislocates/Back up-rise
- L Support / Straddle L support
- Shoulder stand
- Tuck fly-away dismount
Boys Level 1 Gymnasts will Learn:

**Tumbling Skills:**
- Forward Rolls: tuck straddle
- Backward Rolls: tuck straddle
- Cartwheels:
  - Side: Left & Right
  - Front Back: Left & Right
- Run Hurdle cartwheel
- Headstand/ Headstand with forward roll
- Handstand / Handstand with forward roll
- Bridges / Bride from Handstand
- Backbends/ Rock-up
- Scales

**Horizontal Bar:**
- Pullover-Low bar/ from hang
- Long hang swing / long hand swing with 1/2 turn / Pike to toe touch
- Back hip circle
- Single leg cut
- Jump to sole circle dismount

**Parallel Bars:**
- Jump to straight support
- L Support
- Straight support swings
- Single Leg Cut
- ¼ Turn / ½ Turn
- Straight Arm Walk
- Upper Arm Swings
- Back-up Rise
- Shoulder stand / with forward roll
- Backswing dismount

**Vaulting Skills:**
- Straight run
- Run, hurdle 2 foot jump off board / Various Jump dismounts
- 2 foot landings on stacked mats / with roll
- Squat-ons
- Various jump dismounts

**Pommel Horse:**
- Squat through (forward & backward)
- Single Leg Cut
- ½ double leg cut on mushroom

**Still Rings:**
- Straight swings/ Inverted hang
- L Hang / Skin the cat / Straight support / Inlo-cates

Boys Level 2 Gymnasts will Learn:

**Tumbling Skills:**
- Handstand Straight arm forward roll
- Pike Backward roll
- One arm cartwheels
  - Far Arm: Left & Right
  - Near Arm: Left & Right
- Round-off
- Handstand (3 sec hold): Straight/Straddle/ Split
- Back-bend kick-over
- Front Limber

**Horizontal Bar:**
- 45° casts
- Straight arm jump to support
- Single leg shoot through
- Single leg up-rise
- Forward mill circle
- Pull over from hang/ Baby Giant
- Cast, long hand swing / w/ ½ turn

**Parallel Bars:**
- Swing to Straddle L support
- Press to straddle stand on bars
- Front Up rise Upper arm kip
- Backward roll
- Glide – Pike back to kip position
- Dismount- front swing off with ½ turn

**Vaulting Skills:**
- From board to mats:
  - Forward roll
  - Handstand forward roll
- On Vault: Squat on with straight jump off

**Pommel Horse:**
- Dbl leg circles on mushroom
- ½ loop on end of horse
- Single Leg travels

**Still Rings:**
- Dislocates/ Back up-rise
- L Support / Straddle L support
- Shoulder stand
- Tuck fly-away dismount

Boys Level 3 Gymnasts will Learn:

**Tumbling Skills:**
- Pike forward roll
- Straight arm back extension roll
- Dive roll
- Aerial cartwheel
- Straddle press handstand
- Handstand pirouette
- Back walkover
- Front walkover
- Front Handspring
- Standing back handspring
- Round-off back handspring

**Horizontal Bar:**
- Long Hang Kip
- Front Hip Circle/ Clear Hip Circle
- Back rise-up
- Front giant/ Back Giant
- Fly away
- Cast sole circle dismount

**Parallel Bars:**
- Glide Kip
- Swing to handstand/ Hold/ Press to handstand/ Handstand pirouette
- Stutz dismount

**Vaulting Skills:**
- On Vault: Squat on:
  - front flip off & back flip off
- Handstand land flat on mats
- Handspring vault

**Pommel Horse:**
- Dbl leg circles
- Scissor cuts
- Loop on end
- Flairs on mushroom

**Still Rings:**
- High straight body inlocates
- High dislocates
- Pike Press to Shoulder stand
- Front up-rise
- Layout flyaway dismount