Preschool
Ages 18months – 2.5years old

Vault

Running form-

- Do: Run on high toes, chest slightly forward, moving arms.
- Don't: Run on heels, shoulders behind hips, arms stiff to side.

Donkey kick-

- Do: Hands shoulder width apart placed firmly on floor, block or panel mat, pressing down on hands, straight arms, jumping with feet together, returning feet to floor while together.
- Don't: Bend arms, feet apart, landing on stomach, land on knees.

Proper spring board entry (One foot jump to two feet)-

- Do: Start by standing on base leg, lifting opposite leg straight in front, arms forward, pushing off base leg, landing with feet together and arms by ears.
- Don't: jump with feet together, bend arms.

Straight jump off board-

- Do: Running, proper springboard entry, Arms by ears, feet together, landing arms in front, holding stick position.
- Don't: Run on heels, jump with feet together onto springboard, arms down, arch back, land, with hands on the mat or land on knees.

Squat onto block-

- Do: Place hands onto block, arms shoulder width apart and straight, pressing down on hands, jumping with feet together, bringing knees to stomach, landing with knees on block.
- Don't: Bend arms, feet apart, landing on stomach, lift one leg at a time.

Forward Roll down Cheese mat with Springboard-

- Do: Place hands on mat, shoulder width apart, pressing down on mat, tucking head (Chin to Chest), jumping from spring board with feet together, bring knees to stomach, rolling down mat, standing with feet together, holding stick position.
- Don't: Bend arms, stick head out, roll on side, jump one foot at a time, land on stomach, stand with feet apart, use hands to stand.

Stick Position-

- Do: Feet shoulder width apart, bend legs, arms in front, without moving feet.
- Don't: straight legs, feet together or straddle, arms to side, move feet.

Straddle forward roll-

- Do: Straight legs, straddle position, tuck head (chin to chest), rolling forward bringing feet together, standing without using hands.
- Don't: bend legs, place head on floor, stay in straddle position, use hands to stand.

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Bars

Front support-

- Do: hands placed on top of bar shoulder width apart, straight arms and legs, feet together, pressing down on bar, placing the bar on mid thigh.
- Don't: bend arms, have stomach on bar, feet apart, bend legs.

Straddle hang "Pizza Hang" (toes on bar)-

- Do: hands shoulder width apart, feet on either side of hands, straddle position, straight arms and legs.
- Don't: hands together or too far apart, bend arms and legs, place feet on top of hands.

Cast off-

- Do: Front support, swing legs slightly in front of torso, arms straight pressing down on bar, pushing hips off bar, landing on floor with feet together, arms straight, holding bar.
- Don't: bend arms and legs, stomach on bar, lean backwards, land without holding bar.

Tuck Hang-

- Do: arms straight, shoulder width apart, bring knees to stomach, feet and knees together, toes pointed, holding position for 10 seconds or longer.
- Don't: bend arms, feet and knees apart, knees hanging below stomach.

Pike Hang "L" Hold"-

- Do: arms straight, shoulder width apart, legs straight, legs lifted to a 90 degree angle.
- Don't: bend arms, legs apart, bend legs, feet and knees apart, lifted below a 90 degree angle.

Leg lifts-

- Do: arms straight, shoulder width apart, legs together, lifting feet to the bar, between hands, legs straight.
- Don't: Bend arms, arms more than shoulder width apart, bend legs, feet apart.

Side Shimmy-

- Do: hang on bar, walking hands down the bar and back, feet together, legs straight.
- Don't: feet apart, bend legs.

Lay over bar to front support-

- Do: hips on bar, hands forward, shoulder width apart, straight legs, hips on bar laying in a pike position, straight arms, rotating hands back while pulling shoulder up into a front support.
- Don't: bend arms and legs, rotate hands backwards, lay over on stomach.

Swings (spotted)-

- Do: hands forward, shoulder width apart, straight arms and legs, swing legs forward and backward, regripping hands on back swing.
- Don't: bend arms and legs, legs apart, hands beyond shoulder width, regrip on forward swing.

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Beam (Low Beam)

Releve walks-

- Do: Walk on high toe, arms out to side, knees straight, chin up
- Don't: walk flat footed, bend arms and legs

Side walks-

- Do: arms out to side, heels off beam, legs straight, chest and chin up.
- Don't: bend arms and legs, chest down.

Backward walks-

- Do: arms out to side, chest and chin up, stepping one foot directly behind the other, tapping toe to feel for the end of beam.
- Don't: bend arms, chest down, swing feet to side before stepping back.

Bear Crawls (Forward and Backward)-

- Do: place hands on beam, fingers facing forward, arms straight, legs bent and tucked, stepping hand and opposite foot at the same time.
- Don't: bend arms, walk on knees

Dip walks "ice cream scoops"-

- Do: arms out to side, bending base leg, swing opposite leg (straight) along the side of the beam, chest and chin up, finishing with straight legs.
- Don't: bend arms and legs, chest and chin down, swing leg away from beam.

Bunny Hops-

- Do: hands on hips, feet together, knees slightly bent, small hops down the beam while keeping feet facing forward.
- Don't: hop with feet apart.

Arabesque Kicks (Forward & Backward)-

- Do: arms out to side, legs straight, base leg locked, kicking opposite leg to a 45 degree angle or higher, switching feet each kick, chest and chin up.
- Don't: bend either leg while kicking, chest down.

Coupe' walks "Baby Flamingo walks"-

- Do: arms out to side, base leg straight while bringing opposite foot to inside ankle bone, holding position for a minimum of 3 seconds before stepping forward, knee facing forward.
- Don't: bend arms, chest down, bend base leg, knee out to side.

Straight jump (off beam)-

- Do: arms by ears, feet together, jumping legs straight, landing in stick position, finish.
- Don't: bend arms and legs, land with hands on mat.

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Floor

Forward roll (Cheese mat)-

- Do: hands on mat, bend arms, tucked head, knees to stomach, rolling straight, feet together, standing without using hands, finish.
- Don't: head out, side roll, feet apart, use hands to stand.

Backward roll (Cheese mat)-

- Do: hands by ears (pizza hands), bend arms, tucked head, knees to stomach, rolling straight, feet together, pushing arms straight to stand, finish.
- Don't: head out, side roll, feet apart, use head to stand.

Candle stick-

- Do: arms to side close to hips, legs straight, start laying on floor, lifting feet, then rising hips off of the floor, keeping hands firmly on floor, returning to straight body on floor.
- Don't: bring feet over head touching floor, bend legs.

Lunge to "T" hold-

- Do: arms by ears (straight), bend base leg while keeping opposite leg behind straight, keeping a straight line from hands to back foot while leaning forward to a "T" position, holding for 5 seconds or more.
- Don't: bends arms, drop chest creating pike position, bend back leg while in "T" position.

Lunge to needle-

- Do: arms by ears (straight), bend base leg while keeping opposite leg behind straight, keeping a straight line from hands to back foot while leaning forward placing hands on floor, leg in air (straight), holding for 5 seconds or more.
- Don't: bends arms, drop chest creating pike position, bend back leg while in needle.

Counting Cartwheels "1,2,3,4 cartwheels"-

- Do: counting each hand and foot, have the athlete place hands with straight arms on numbers 1 & 2, stepping/hopping feet on 3 & 4, keeping legs straight, finishing with arms by ears in lunge position.
- Don't: bend arms, head on floor, bend legs

Bridge (Cheese mat)-

- Do: start laying on mat feet on floor (lower part of slope), bend knees, hands by ears "pizza hands", pushing on hands, lifting hips up, pushing head off mat (pushing arms straight).
- Don't: keep head on mat, roll neck.

Headstand (against wall)-

- Do: hands on floor, placing head on floor, back against wall, pushing off base leg, kicking opposite leg to wall (straight), bringing feet together.
- Don't: roll neck, bend legs.

¼ Handstand "Toe Tap handstand"-

- Do: lunge position, Arms by ears (straight), while hands on floor in needle position, push off base leg, tapping toes together, finishing in lunge position.
- Don't: bend arms and legs, place head on floor.

Panel mat jumps (On and Off)-

- Do: feet together, arms by ears, keeping feet together while jumping, landing in stick position on and off panel mat.
- Don't: arms down on mat when landing, jump one foot at a time.

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Rings

Doughnut Ears (spotted)

- Do: straight legs, feet together, hands facing in, pulling ears to middle of rings, holding for minimum of 5 seconds.
- Don't: kick while pulling up, put head through rings.

Tuck Holds-

- Do: arms straight, hands facing in, bring knees to stomach, knees together.
- Don't: knees apart, knees below hips.

Pike Hold "L"Hold (spotted)-

- Do: arms straight, hands facing in, legs straight, lifting to 90 degree angle, holding for a minimum of 5 seconds.
- Don't: bend legs, below 90 degree angle.

Parallel Bars

Bear walks (Side/ Forward/ Backward)-

- Do: arms straight, legs tucked, walking hands and feet along the bars, head neutral watching hands, moving feet and hands at same time.
- Don't: bend arms, stick head out or drop chin to chest.

Front Support-

- Do: arms straight, pressing down on hands, straight legs, shoulders away from ears.
- Don't: bend arms and legs, top of shoulders on ears.

Support swing-

- Do: arms straight, pressing down on hands, shoulders away from ears, straight legs, stand on block mat, swing legs forward and return.
- Don't: bend arms and legs, top of shoulders on ears.

Trampoline

Open/ close hops-

- Do: arms out to side, starting feet together, jumping both feet out to straddle position at the same time, jumping feet back together, legs straight.
- Don't: chest too far forward, keep hopping with legs out.

Straight jump-

- Do: arms by ears, feet together, torso up.
- Don't: bend arms and legs, drop torso.

Tuck jump-

- Do: arms by ears, jump bring knees to stomach, returning back to feet.
- Don't: bend arms, kick feet to bottom, land on knees or bottom.

Seat drop-

- Do: hands in front (straight), jumping up feet together, landing on bottom, feet in front.
- Don't: hands behind torso, jumping feet behind, landing on knees.

Jump to Stick-

- Do: jump, land feet slightly apart, arms in front (straight), bending knees, holding for 3 seconds, chest up.
- Don't: drop chest, land on knees, hands on floor.