



Recreational Skills Toddler

Floor-

- Cartwheel over panel mat
- Tabletop
- Forward Roll wedge/pink mat
- Handstand position

Bars-

- Tuck swing at the low bar
- Front Support- Cast Hips
- Walk feet up at pink bar w/ wedge mat

Beam-

- Mount- front support, leg swing over, toes up, knees up, stand
- Walk Forward Carpet beam
- Kicks on low-beam
- Squat, Pike, Squat, Stand
- Tuck Jump off the side of the Carpet beam

Vault-

- One foot two-foot jump in hoops



Recreational Skills Level 1

Floor-

- Cartwheel
- Bridge
- Forward Roll to stand
- Backward roll down wedge to feet
- Handstand position

Bars-

- Chin hold 3 sec
- Front Support- Cast Hips
- Kick Over at pink bar w/ wedge mat

Beam-

- Mount- front support, leg swing over, toes up, knees up, stand
- Walk Forward
- Walk Backward
- Arabesque
- Squat, Pike, Squat, Stand
- Tuck Jump off the end of the beam

Vault-

- One foot two-foot jump to panel mat

Recreational Skills Level 2

Floor-

- Cartwheel- one foot then the other
- Bridge lift one leg
- Forward Roll to stand
- Backward roll
- Handstand- on panel mat

Bars-

- Kick over-to-front support
- Cast- arms straight
- Roll down hook chin

Beam-

- Pivot Turn
- Straight Jump
- Passe hold- 3 sec
- Low beam-side handstand dismount

Vault-

- One foot- two-foot straight jump- on springboard to 24-inch mat

Recreational Skills Level 3

Floor-

- Cartwheel to Backward roll
- Handstand forward roll
- Vertical Handstand
- Round-off rebound
- Bridge Kick-Over
- Chasse Leap

Bars-

- Glide Swing
- Kick over-to-front support
- Cast- arms straight
- Back Hip Circle
- Cast- to underswing dismount

Beam-

- ½ Turn
- Straight Jump, Tuck Jump
- Leap
- side handstand dismount
- Lever

Vault-

- Arm circle- Handstand Flat Back 24-inch Mat

Recreational Skills Level 4

Floor-

- Backward roll to Push Up
- Handstand- to bridge kick over
- ½ Turn
- Vertical Handstand- Hold
- Round-off rebound
- Back Walkover
- Standing Back Handspring

Bars-

- Two feet up and over
- Cast to back hip circle
- Front Hip Circle
- Cast- to squat on

Beam-

- Straight leg leap
- Handstand
- Full Turn
- Cartwheel Side Handstand dismount ¼ turn

Vault-

- Arm circle- front handspring over a 24-inch mat



Recreational Skills Level 5

Floor-

- Backward extension roll
- Handstand forward roll
- full Turn
- Vertical Handstand- Hold
- Round-off backhandspring
- Front walkover

Bars-

- Glide Swing
- Kip to bar
- Cast to back hip circle
- Front Hip Circle
- Cast- to squat on

Beam-

- Straight leg leap
- Full Turn
- Handstand
- Cartwheel
- Cartwheel Side Handstand dismount $\frac{1}{4}$ turn

Vault-

- Arm circle- front handspring over a 36-inch mat

