

Preschool Gymnastics Skills

These skills are used as a starting point for leveling our classes.

They are subject to change if needed.

Preschool: Beginner

FLOOR

Front Roll

Donkey Kick

Cartwheel Jump over Mat

Candle Stick

Front Roll

BARS

Chin Hold (3 seconds)

Front Support

Small Cast

Swing

BEAM

Walk

Jump

Kick

VAULT

Run

Springboard Jump

Stretch Jump

Preschool: Intermediate

FLOOR

BARS

BEAM

VAULT

Handstand with Feet Apart

Front Roll

Walk on Toes “Releve”

Run, Jump, Freeze,
Handstand Flatback

Cartwheel over Mat

Cast

Stretch Jump

Run, Jump, Roll

Back Roll down Wedge
Mat

Pullover from Mat/Wall

Lunge

Split Jump

Straddle Dismount from
Mat

Assisted Cartwheel
Dismount from Knee

Preschool: Advanced

FLOOR	BARS	BEAM	VAULT
Bridge without help	Jump and Glide Swing	Lever to T	Assisted Handstand Flatback
Handstand without help	Pullover	Front Roll	Run, Jump, Handstand Flat Back
Cartwheel without help	Straddle Dismount	Cartwheel Dismount from Standing	
Back Roll without help	Assisted Back Hip Circle		
