

BEGINNING GIRLS 1

Vault

Jump Concepts: Straight, Tuck and Straddle

Under-Arm Swing (on floor)

Hurdle, Under-Arm Swing (off trapezoid)

Run, Hurdle, Straight Jump (2 8" mats)

Rebounds

Uneven Bars

Hollow Support Hold (5 seconds)

3 Casts (hips must leave bar)

Forward Roll Dismount

5 Second Chin-Up Hold

Pull-Over with Block

Straddle Hold (10 seconds)

Balance Beam

Forward Walks

Backward Walks

Straight Leg Kicks

Straight Jumps (with proper plies)

Jump Dismount (with safe landing)

Candlestick Hold (single leg stand attempt)

Push-Up Position

Proper Lunge

Floor Exercise

Forward Roll (proper stand-up)

Backward Roll (on floor)

Open Handstand

Handstand (against wall, 5 seconds)

Cartwheel (correct lunges)

1 Leg Bridge Balance (each leg for 5 seconds)

