

MPG PRESCHOOL TRAMPOLINE SKILL PROGRESSION GUIDE

Skill Progression Reference Guide

FOUNDATIONAL TEACHING PRINCIPLES

- Teach **body positions** before adding bounces.
 - Master **one skill** before introducing combinations.
 - Use **proper gymnastics terminology** while reinforcing learning with fun preschool cue words.
 - Progress from **simple → complex** and **stationary → moving**.
 - Safety and body control always come before difficulty.
 - Progress students based on **individual readiness**, not just age or class level.
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1. BASIC BOUNCING

Beginning Skills

- Knee Bends
- One-Foot (Pony) Jumps
- Two-Foot Straight Jumps

Directional Bouncing

- Forward
- Backward
- Side-to-Side
- Jumping Up onto a Higher Surface
- Jumping Down onto a Lower Surface

Arm Positions

- Arms High
- Arms Side
- Arms Low

Freeze Position

- **Freeze Position** — Feet slightly apart, knees bent, arms low and slightly forward. Hold a balanced freeze before and after skills.
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2. BODY POSITION JUMPS

Basic Body Position Jumps

- Straight Body Jump
- Tuck Jump
- Feet Apart / Feet Together

Advanced Body Position Jumps

- Straddle Jump
- Pike Jump
- Star Jump
- Scissor Jump
- Split Jump

Suggested Teaching Progression

Once body position jumps are mastered, begin combining them with directional jumping and other trampoline skills.

3. JUMPING ON & OFF THE GREEN

Jumping Onto the Green

- Basic Jump Up
- Jump to Straight Body
- Jump to Tuck Jump in air to Landing Position on Green
- Jump to Straddle in air to Landing Position on Green
- Jump to Other Body Positions in air to Landing Position on Green

Jumping Off the Green

- Jump Down
 - Jump Down → Body Position Jump
 - Jump Down → Seat Position
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4. SEAT DROPS

Suggested Teaching Progression

- Seat Position (Pike), hands “sitting” on trampoline next to body, fingers wide, facing forward
- Single Seat Bounce
- Multiple Seat Bounces
- Seat → Stand
- Seat → Stand with Straight Body Finish

Sample Combinations

- Tuck → Seat → Stand
 - Tuck → Seat Bounces → Stand
 - Seat → Stand → Tuck
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5. DOGGY POSITION

Suggested Teaching Progression

1. Static Doggy Position
2. Doggy Bounces
3. Seat → Doggy
4. Seat → Doggy Bounces

Safety

Never teach preschoolers to jump from a standing position directly into Doggy Position. Introduce Doggy Position from a controlled Seat Position to encourage proper body alignment and protect the back and knees.

6. TUMMY POSITION

Suggested Teaching Progression

1. Static Tummy Position
2. Doggy → Tummy
3. Seat → Doggy → Tummy
4. Seat → Doggy Bounces → Tummy

Coaching Tip

Adding extra Seat or Doggy bounces slows momentum and improves control before dropping to the tummy.

7. BACK POSITION ("UPSIDE-DOWN TURTLE")

Suggested Teaching Progression

1. Static Turtle Position
2. Seat → Back
3. Multiple Seat Bounces → Back
4. Two Seat Bounces → Back

Safety

Preschoolers should **never** perform standing Back Drops. True Back Drops should be introduced in school-age classes.

8. ROLLING SKILLS

Suggested Teaching Progression

- Forward Roll from the Green Edge
- Forward Roll on the Trampoline
- Seat → Doggy → Forward Roll
- Wedge Mat Forward Roll
- Assisted Wedge Mat Front Flip

Safety

Independent Front Flips should be reserved for school-age classes.

9. DONKEY KICKS

Suggested Teaching Progression

- Bent-Leg Donkey Kicks
 - Straight-Leg Donkey Kicks
 - Spotted Donkey Kick → Handstand
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10. CARTWHEEL PROGRESSION

Foundations

- Side-to-Side Monkey Jumps
- Lateral Monkey Jumps Around the Trampoline

Suggested Teaching Progression

- Monkey Jump over the Green
- Tiger Reach → Monkey Jump
- Tiger Reach → Monkey Jump → Tiger Reach
- Tiger Reach → Superfoot → Monkey Jump → Cartwheel

Coaching Tip

Avoid teaching Handstands and Cartwheel progressions during the same lesson. Preschoolers often confuse vertical movement with lateral movement.

11. TWISTING SKILLS

Half Turn

- **Half Turn** — Teaching cues: "**Goodbye!**" and "**Hello!**"

Full Turn

- **Full Turn** — Teaching cue: "**Bounce, Bounce, Turn Around!**"

Coaching Tip

Teach the correct gymnastics terminology (**Half Turn** and **Full Turn**) while using fun preschool cue words during daily practice to keep students engaged.

COMBINATION IDEAS

Once individual skills are mastered, begin combining them into short skill sequences.

Sample Combinations

- Tuck → Seat → Stand
 - Tuck → Seat Bounces → Stand
 - Seat → Doggy → Tummy
 - Seat → Doggy → Forward Roll
 - Jump Off Green → Tuck Jump
 - Jump Off Green → Seat Position
 - Jump Onto Green → Straight Body
 - Monkey Jump → Cartwheel Progression
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PRESCHOOL COACH REMINDERS

- ✓ Teach body positions before adding movement.
- ✓ Demonstrate each skill before students attempt it.
- ✓ Introduce one new concept at a time.
- ✓ Build confidence through successful repetitions.
- ✓ Use imaginative preschool cue words while reinforcing proper gymnastics terminology.
- ✓ Prioritize proper body position and technique over skill difficulty.
- ✓ Progress students based on readiness—not age.

DONKEY KICKS



Kick both legs up together at the same time

MONKEY JUMP



Hands on the ground, feet jump side to side

TIGER REACH



Start and finish with arms reaching high!

SUPER FOOT



Put one foot in front like a star!

TRAMPOLINE SKILLS

STRADDLE JUMP



Jump up and spread your legs apart wide like a star.

FREEZE POSITION



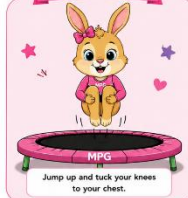
Bend your knees, keep your feet apart, and hold still like a statue.

STRETCH JUMP



Jump up with your arms up, body straight and tall.

TUCK JUMP



Jump up and tuck your knees to your chest.

STAR JUMP



Jump up and spread your arms and legs out wide like a star!

PIKE JUMP



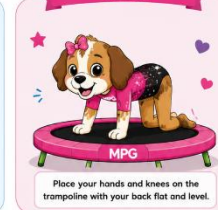
Jump up and straighten your legs together. Reach forward and touch your toes.

SEAT DROP



Sit down with your legs straight out in front of you and your hands next to your hips.

DOGGIE



Place your hands and knees on the trampoline with your back flat and level.

UPSIDE DOWN TURTLE (BACK DROP POSITION)



Lie on your back and lift your arms and legs up toward the ceiling.