

TREETOPPERZ CLASS

Class Time:
45 minutes

6-8 Years Old

Physical Development

FLOOR:

- Forward Rolls and with "Ta-Da"
- Straddle Rolls
- Backward Rolls Down Incline to Straight Jump
- Spiderman Handstand Hold
- Cartwheel
- Lunge, Handstand, Lunge
- Bridge
- Round Off

BARS:

- Tuck, Pike, and Chin Holds
- Pullover
- Cast
- Skin The Cat
- Staddle On
- Back Hip Circle Progressions
- Candlestick Hold
- Handstand Hold on Floor Bar

TRAMPOLINE / VAULT:

- Straight Jump
- Tuck Jump
- Straddle Jump
- Safety Position
- Jump Turn
- Pike Jump
- Star Jump
- Donkey Kicks
- Run Jump and Freeze
- Run Jump Tuck Jump Stick
- Run Jump Straight Jump Stick
- Handstand Flapback

BEAM

- Arabesque
- Releve
- Step Lock
- Scoop to Kick
- T Hold
- Side Kick
- Straight Jump
- Pivot Turn
- T Touch

Social Development

- Conceptualize and apply corrections
- Self motivated to active individual assignments
- Enjoy meaningful friendships

Cognitive Development

- Understand 25-30 gymnastics terms.
- Follow 6-7 simple instructions.
- Count to 50 - identify written numbers 1-30
- Discern left from right - can respond with correct action
- Independently practice technical skill sequences

NEXT LEVEL:
SKYCHASERZ



KIDZ
GYM