

INTRO TO GYMNASTICS

CLASS TIME: 55 MIN



COURSE OBJECTIVES

The athlete will be introduced to beginner gymnastics skills that focus on good technique and safety so they can progress successfully.

COURSE SKILLS

BARS

- 1 - Jump to front support from elevated surface
- 2 - 2 consecutive casts w/ hips leaving the bars - feet together
- 3 - Tuck hang (5 sec.)
- 4 - Monkey walks across the bar
- 5 - Chin-up w/ legs on an elevated surface
- 6 - Inverted hang w/ assistance

BEAM

- 1 - Front support mount
- 2 - Straight jump dismount off beam
- 3 - Walk forward & backward
- 4 - Walk Sideways (right & left)
- 5 - Knee Scale
- 6 - T hold (3 sec)

FLOOR

- 1 - Tuck & straddle roll down wedge to stand
- 2 - Lunge handstand
- 3 - Lunge cartwheel
- 4 - Bridge up hold (5 sec)
- 5 - Passe & releve walks

VAULT/TRAMPOLINE

- 1 - Step jump to springboard
- 2 - Run punch straight jump up to 8"
- 3 - 3/4 handstand w/ feet on wall
- 4 - Punching donkey kicks (hands on elevated surface)
- 5 - Straight jump (forward, backward side, side)
- 6 - Tuck jumps
- 7 - Pike jumps
- 8 - Straddle jumps
- 9 - Seat drop return to feet

AT HOME

You can help maximize your class experience by practicing some skills at home

BODY POSITIONS & FLEXIBILITY

- Pike, Tuck, Straddle
- Splits - Right, Left, Middle
- Candlestick

NEXT CLASS: Basics Gymnastics