All Gymnastics classes structure sheets (not pre-school)

Girls Class Structure

Skills highlighted in **BOLD**, are skills they need to have in order to move up to the next level.

- **Beginner Girls/FF/ Pink – 1 hour classes** – Look for talented gymnasts in class to get tested for Mini Jets/Jets/Select – Stretch – no more than 5 min and should be very active!

**Floor** - Most important. Do floor circuits every class – 20-25 minutes.

  - Must hit these skills every day:
    - **Handstands** - Always start with lunge handstands: 1st go over touching floor and standing up with arms by ears, then they can add small kick. Can work up a wall/block
    - **Rolls and bridge holds** - Forward rolls, no hands when standing up with arms by the ears and feet and knees together-work candle stick jumps. Backward rolls with pizza hands down the incline landing on feet. Then perform the same on flat ground making sure not to land on their knees. Bridge up on floor holding green leg up for 10 sec. If that is stable then they can try to do kickovers off a high trapezoid.
    - **Cartwheels, round offs and hurdles** – can work off a mat for round offs, over a mat for cartwheels, skips for hurdles. PLEASE USE feet spots and color bands to teach hurdles.
    - **Handstands to bridge** – Handstand in front of cheese mat, land in bridge on cheese mat. Perfect their handstands and hurdle round offs.

**Bars** – this is the 2nd most important event. Make stations with a lot of strength and movement. Ex: front support hold, lying on the floor leg lifts, chin holds, “L” holds

  - Chin holds - Try to get them to be successful first by picking a number that they will be able to achieve. Then challenge them by having them hold it a little longer. You can then challenge them by having them hold their chin off the bar.
  - **Casts** – try to get belly off the bar keeping legs and feet tight. Keep doing this until it is really easy. Make sure to keep arms straight.
  - **Forward rolls over the bar** – can do an “L” hold and chin hold…can do games, contest, etc..
  - **Pullovers** – can work by climbing wall and by using a moon. If a pullover is achieved then you can work back hip circles. Make sure you know how to spot them going on the 3rd cast.
  - *3 bar stations is the best…pullovers up the wall, chin holds, casts or forward rolls over the bar. Rotate stations.*

**Beam / Vault** - use these 2 events for the rest of class making sure to leave time for fun time. 3rd most important - walks, holds in releve, kicks, 1/2 pivots etc. On releve, straight jumps, leaps – only on low beam. Ask for other skills.

**Vault** – one to two leg punching on the board and jump and freeze, jump up to a block using hands and feet, then try straight jumps up to the block. Set up a vault station within your floor stations using hula hoops, ladder, jumps up and down on a mat, and board drills.

**Tramp/air track/relay races/pit/rope** – can do some fun! – Get involved and teach the kids new skills while having fun. Ex: On tramp teach seat drops, straddle and tuck jumps, 1/2 turns or mini routine involving all of these skills.

- **Red, Purple – 1 ¼ hr (encourage g-force strength/flexibility) Look for talented gymnasts in class to get tested for Jets/Select - Stretch - no more than 10 minutes and should be very active!**

**In order to be in this level they need to have:** Pullover on bars, a bridge held with leg up for 10 seconds, cartwheel, handstand, concept of hurdle round off, backward roll, pivot turn on beam, jump to board land on block correctly to move to this level. *Purple girls just need to be a little more advanced than the other red girls.

**Floor** – do above circuits for review and improvement.

  - **Kickovers/Brige downs** - off a mat, bridge down to a cheese, and handstand to a bridge on a cheese mat. When able to do these on a mat move to the floor. *If inflexible in bridge suggest g-force flexibility!*
  - **Handstand to bridge** – Handstand in front of cheese mat, land in bridge on cheese mat.
  - **Perfect their handstands and hurdle round offs.**

**Bars** – Keep practicing all beginner skills to increase strength.

  - **Back hip circles** -Must have this skill to move to blue.

**Beam** – Should review and improve walks, kicks, holds, 1/2 pivots, arabesques etc. Start straight jumps, split jumps, and “mini” handstands on low beam only. If they are not ready for handstands on the beam you can have them work them on the floor next to the beam.

**Vault** – Keep improving beginner’s skill, and keep up with the drills on floor. Get higher straight jumps to the block with better body shape. Work kick up handstand flat back.

**Tramp/air track/relay races/pit/rope** – can do some fun! – can have kids spread out on air track/ fast track and jump at the same time with enough space in between.
• Blue – 1 ½ Hour Classes (encourage g-force strength/flexibility classes) Look for talented kids who are interested in competing to get tested for Pre-3 – Stretch – no more than 15 min

**In order to be in this level they need to have:** All Beginner’s skills plus, Cast back hip circle, a bridge down kick over, handstand to bridge, pivot turns and straight jumps on beam, jump up to block for vault.

Floor – Always Review BG/Pink/Red skills! Always start class with handstands. This will help them get stronger

**Handstand forward rolls** - Try to do these with straight arms. Handstand in front of mat, roll onto mat.

**Front limbers** - kneeling bridge down come up, up to a cheese mat stand back up, then add handstand to bridge stand up.

**Back walkovers** - Use mat and spot. Will have had to master a bridge down kick over first.

**Back handsprings on a barrel**. –Work jump for backhandsprings. Really work form on round offs. Try to do some more dance skills including straight jump tuck jump and leap, these need to be perfected if they go into pre-3/level 3.

Bars – keep working all BG/Pink/Red skills.

**Good casting** and straight body on back hip circle.

**Leg cuts** – one foot on a mat.

**Mill circles drills** - under bar swings hands in over grip. Make sure a mat is always underneath them for mill circles.

**Stoop on dismounts off the block**. - If good, they can try it from cast.

Beam/Vault – On beam work all previous skills.

**1 leg ½ turns** - coupe walks,

**Jumps** – straight jumps, tuck jumps, and split jumps.

**Handstands** – Side and English handstands need to be achieved on low beam.

**Vault- Handstand flat backs** - On porta pit, and on fast track. Continue doing all of the punch drills as well.

Fast Track/Tramp – Work hurdle round offs in addition to improving jumps. Can work back handsprings by themselves using the barrel.

• Bronze – 1 ½ Hour Classes (suggest g-force strength/flexibility) Look for talented kids who are interested in competing to get tested for Pre-3 – Stretch- No longer than 15 min.

***Bronze girls work on all the same skills as blue, but are more advanced than Blue girls.

• Silver – 1 ¾ Hour Class (encourage ballet classes and g-force. If interested in competing and they are 8+ you can offer Xcel) – Stretch – No longer than 20 minutes.

***In order to be in this level they need to have...***

Handstand forward roll, front limber, back walkover, back hip circle, stoop on dismount, handstand flat back on vault, English and side handstand on low beam.

Floor- Work and clean up all previous skills. Start with handstands everyday.

**Backhandsprings**- [http://gymcats.com/meetings.html](http://gymcats.com/meetings.html) There are many great resources on this website. Make sure to check out Flip Flop Ideas. They need their backhandspring to move up to advanced gymnastics.

**Roundoffs** - jump to back- Use porta pit…round off in front of porta pit, rebound to back.

Bars- Work and clean up all previous skills including pullovers, casts and back hip circles. Incorporate strength drills in stations including chin holds, pullovers w/ color band between feet, and “L” holds etc.

**Mill Circle**- Should have mill circle to move up to advanced gymnastics. Make sure they know how to turn their hands over, and hook their knee if they fall backwards, and always have a mat underneath them.

Front hip circles- Work front hip circle drills… forward roll pike stand, falling flat onto a mat onto tummy.

Beam- Work and clean up all previous skills. Introduce them to high beam, with basic walks and kicks

**Leaps** – Over mats on low beam.

**Side handstand twist off** – turn onto a mat in a push up position. Spotted on medium beam.

Vault – Work basics and handstand flat back.

Tramp/- work fun basic jumps, seat drops Etc.You can make up little mini routines too. Fast track/air track - work hurdle round offs with good body shape, jumps.

• Advanced Gymnastics - 2 Hour Class (encourage ballet, g-force and at least 2x/week They may also get tested for Diamond if they are looking to go the competition route. Also offer Xcel if girl is 10+) – Stretch – no more than 25 minutes. Need a mill circle, standing backhandspring pretty much alone, side handstand twist off to get to this level.
Floor - Re-enforce technique on all floor skills.

Standing Backhandsprings - down cheese, stretching them out with a nice snap down.

Round-off backhandsprings - spotted and work drills.

Bars – should have mill circle to get into this level.

Front hip circle

Shoot through - floor bar drills

Glides

Beam – Work all previous skills. They may begin working on high beam. Twist off should be done by themselves.

Vault - Work running and board drills. Handstand flat backs onto porta pit.

Competitive route/Talent programs: Jets/Select/Pre-3/Level 3

- **Jets programs** – For talented kids that show a lot of potential. Things to look for in regards to if they are talented: Chin up pullover, natural form and tightness, block in round off, pick up on things quickly. They need to be tested and approved to go into the program.
  - *Mini jets:* 3-5 years old. They come from Felines classes. They work pink/red skills.
  - *Jets:* 4-6 years old. They move up from mini jets or come from red class. They work red/blue skills, focusing on Level 3 skills to move up to Pre-3.

- **Select program** – Same as Jets but kids are between 6 and 9 years old to enter the program. They need to be tested separately and approved to go into the program. Select kids work level 3 skills to move up to Pre-3.

- **Pre-3** – This is a preparation for level 3 class. Most kids move into pre-3 from Jets or Select, but talented kids from Blue and Bronze may be tested. Kids move into this level with only a couple of level 3 skills missing, and they begin learning level 3 routines.


- **Pre-4** – Pre-4 class works on getting ready to join our Level 4 Team. Girls work on Level 4 skills. This is not a competition level. Kids move up from Level 3, or may get tested to join.

**Boys Class Structure**

- **Level 1 Boys/Tomcats- 1 hour classes:** Stretch: No longer than 5 min. and should be active.

Floor – This event should always have the basics worked right after stretching. Basics don’t take a lot of room and can be performed with the boys doing the same thing all at the same time. These basics are:

- **Forward Rolls** – working chin on chest, hands in the right position and standing up without using hands.
- **Backward Rolls** – working strong push off legs to roll back, hands next to ears flat on floor, strong push on hands and landing on feet not knees.
- **Candlestick to stand** – Whole skill can be performed with color band between knees.
- **Head stands** – Make sure they have pressure on their hands and a tight neck. Can be done against block but nothing beats a hand spot.
- **Cartwheels** – Start from feet together with arms above ears, kick to lunge, cartwheel with feet and hands in a straight line keeping ears covered by arms. Finish facing sideways with arms at horizontal.

Pommel Horse

- **Tic Toc Swings** – Start with small swings making sure legs stay apart, head stays up with eyes looking forward. Shoulders should shift side to side without turning. Height does not matter but correct position does.
- **Tuck in & outs** – In front support on horse tuck knees up and in front of the horse while keeping knees together, arms straight, head up and without touching horse. Extend body down as if reaching toes to the floor and sticking belly out then reverse out to finish in front support.
- **¼ Circle** – Done on mushroom. Start in front support with feet on green dot and ¼ circle to red dot. Body should stay extended throughout with feet together and none supporting arm should finish up. Head and body should stay facing forward and square.

Rings

- **Chin up with spot** – Give as little spot as needed. Rings should not cover their face when all the way up.
- **Tuck hold 3 seconds** – In hang with color band between knees.
- **“L” hold basics** – In hang with color band between knees. This is just to learn the concept of “L” on rings.
- **Swings** – Hanging straight with color band between knees. Height is not important here but good position and body control is.
Vault
- **Squat Jump on block with hands** – Strong run in proper run basics, powerful hurdle over a fry onto a spring board with head and chest up, place hands in middle of block and bring feet onto block by tucking knees to chest. Straight jump off block, stick. Hold good stick position, knees bent at 90 degrees with arms straight out and head and chest up.

Parallel Bars
- **Support Swing Basics** - Spotting with 1 hand on the childs chest and 1 hand on the childs back, work support swings with head up and eyes looking forward. Toes should not come up in the front and there should not be a big arch in the back.
- **Straddle Travels** – Head should remain up and arms straight.
- **“L” hold basics** – Work on 3 second tuck holds & “L” hold basics on the parallettes. Tuck should be done with knees as close to chest as possible and arms straight. Should be trying to get the feet above the bars.

High Bar
- **Pull Over Basics** – Work on pull overs from a hang with color bands between the knees and a spot
- **Cast Basics** – Work on 3 casts in a row with color bands between knees.
- **Swings with Re-grip basics** – With a spot, work swings with a tight body and re-gripping in back.
- **Chin Holds** – Work on holding a chin hold for at least 5 seconds. Try to have a contest to see who can hold it the longest.

**Level 2 Boys- 1 hour class** – Stretch- no more than 10 minutes.

Floor – Be sure to work on all previous Level 1 basics before moving on to these skills.
- **Round offs** – Work feet together quickly at the handstand position and lifting the head and chest up at the end.
- **Handstands** – Start with feet together and arms up by ears, kick to lunge then to handstand. A step down should be performed after handstand position is hit.
- **Back Handsprings over barrel** – Stay in stretched position until hands hit the floor.
- **Back Extension Roll Basics** – roll down cheese mat and keep straight arms while doing a backward roll. Should finish in a tight hollow push up position.

Pommel Horse- Work on previous skills in addition to these new skills.
- **½ Circle** – Done on mushroom. Same as ¼ circle in level 1 boys, but turn ½.
- **Bucket Circles** – Beginning concept should be learned with bucket and floor pommels. But this should be learned with a light spot to prevent them from falling on the pommels. Once they have the concept they should be able to do it on their own. Work on keeping hips up in the front and butt down in the back. If you need help getting the bucket down or spotting ask Jon.

Rings – Work on previous skills in addition to these new skills.
- **Swings** – Swings should show some turn over in the front and back.
- **Inverted hang** – From swings pull upside down with a straight body. Can be done in a tuck position if the child doesn’t have the body control to do it straight.

Vault – Work on previous skills in addition to these new skills.
- **Dive Rolls** – Punch up and over barrel placing hands on top of a cheese mat, tuck chin to chest and forward roll to a stand. Use full 360 degree backwards arm circle and work good hollow position in dive roll with feet together and toes pointed.

Parallel Bars – Continue working on previous Level 1 skills with tight form and correct technique.

High Bar - Work on previous skills in addition to these new skills.
- **3 Casts to dismount** – Work on 3 casts in a row with color bands between knees to a dismount in the back.
- **Back hip circle basics** – From 3 casts and with a spot hips come back to the bar with straight arms and a hollow body. Fall backwards, keeping head in, looking at toes. Shift wrists on top of the bar and finish in a strong support position.

**Level 3 Boys- 1 hour and 15 min.** Stretch – No more than 10 min.

Floor – Work on previous skills in addition to these new skills.
- **3 Press Handstands** – Should be done against block or wall. Start from straddle stand and press legs up into a tight handstand. Straddle legs back down, tap the floor lightly with toes and press back up to tight handstand.
- **Back Handsprings** – Should be done with color bands between knees down a cheese mat and with a spot.

Pommel Horse - Work on previous skills in addition to these new skills.
- **1 Circle** – Done on mushroom. Start in front support and perform 1 full circle.
- **10 Bucket Circles** – Work on keeping hips up in the front and butt down in the back.
- **Around the World w/pommels** – Start with both hands on leather and travel up and across the pommel horse using the pommels and finishing with both hands on the leather. Should go across and back on the horse facing the same way.
**Rings** – Work on previous skills in addition to these new skills.
- **Back Lever Basics** – From an inverted hang, go to a piked basket position and slowly lift legs backwards until body is parallel with the ground. Will need to be done with a large spot.

**Vault** - Work on previous skills in addition to these new skills.
- **Handstand Flat Back** – On Resi pit or stacked mats. Stretch forward to mat in a tight hollow position, place hands on mat and continue through a tight handstand and fall flat onto back. Body shape should not change after leaving board.

**Parallel Bars** - Work on previous skills in addition to these new skills.
- **Long Hang Swings** – On high parallel bars jump into a swing hanging below the bars. Hands should be on the inside of the bars and body should go through the same tap swing as done on high bar. Always re-grip in the back swing on every swing. NEVER LET GO OR RE-GRIP IN THE FRONT!

**High Bar** - Work on previous skills in addition to these new skills.
- **Undershoot Basics** – With a spot and from 1 big cast, hips come back to the bar with straight arms and a hollow body.
- **Hanging ½ turn** – From a tight hollow hanging position. Look at toes and perform a ½ turn on the bar keeping knees straight and feet together. Switch other hand to finish in a hanging position. Should not be done with any swing.

**Boys Jets programs** – For talented kids that show a lot of potential. Things to look for in regards to if they are talented: Chin up pullover, natural form and tightness, block in round off, pick up on things quickly. They need to be tested and approved to go into the program.
- **Mini jets**: 4-6 years old. They come from Tomcats classes. They work on Level 2 skills.
- **Jets**: 5-7 years old. They move up from mini jets or come from Level 1 or 2 classes. They work Level 2 and 3 skills, focusing on Level 3 skills to move up to Adv. Jets.
- **Advanced Jets**: 6-9 years old. They move up from jets or come from Level 2 and 3 classes. They work Level 3 and 4 skills, focusing on Level 4 skills to move up to Level 4 team.
- **Pre-team**: 7-10 years old. They move up from adv. Jets or come from level 3 classes. They work on Level 4 skills, focusing on form and technique to get them ready to compete Level 4 team.

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**Tumbling Class Structure**

**Level 1 and Flip Flop class Tumbling**

**What is needed to move up** – A run hurdle round off – and a back handspring with a light spot!

**Structure:**
- **10 minutes running and stretching** – do some running that is fun or fast track jumps/tramp for fun at the beginning – WE NEED TO GET KIDS TO WANT TO BE THERE ON TIME
- **15 minutes basic tumbling** – rolls, cartwheels, handstands, bridge downs, kickovers, bridge stand ups, lots of stuff to get upper body stable to support back handsprings
  - Do handstands in a line—all are moving together
  - Cartwheels down a line –trying to make straight
  - Then some cheese stations – back rolls/back extension rolls, back bend down up a cheese, kickovers down a cheese and bridge stand ups off a cheese
  - Work some on hurdles if they don’t have these (use feet and hands if necessary)
- **10 minutes of jump drills**
  - Stations jumping up to panel mat, trapezoids, straddle jumps off board, working leg power – this can help them get cheer jumps and work leg strength for back handsprings
- **20 minutes of round off flip flop things**
  - Round offs off panel mat through 2 objects to get straight or off a beam to get straight
  - Back handsprings over different octagon shapes
  - Jump to flat back making them work to higher porta pit or mats
• Round off jump backs to porta pit – making quick floor connection push back

Last 5 minutes – something fun – a race/game- or conditioning game

**Level 2 Tumbling**

*What is needed to move up* – standing back handspring alone and a light spot on round off back handspring

**Structure:**

10 minutes running and stretching – do some running that is fun or fast track jumps/tramp for fun at the beginning – WE NEED TO GET KIDS TO WANT TO BE THERE ON TIME

10 minutes basic tumbling – cartwheels, handstands, handstand walks, bridge downs/kickovers, front limbers

- Do handstands in a line—all are moving together- if they are doing these well do handstand blocks
- Cartwheels down a line – trying to make straight – try some 1 arm cartwheels on each arm
- Back bend down and kickovers and handstand bridge stand ups

10 minutes of jump drills

- Stations jumping up to panel mat, trapezoids, straddle jumps off board, working leg power – can do some straddle jumps, tuck jumps and herkie jumps – can do them on trampolines/fast tracks and off boards and mini tramps to get these stronger

20 minutes of round off flip flop things

- Round offs off panel mat through 2 objects to get straight or off a beam to get straight
- Standing back handsprings down cheese for straight legs and jump
- Round off jump backs to porta pit – making quick floor connection push back
- Round off flip flops on red mats with stack mats into it
- On fast track with cheese with 8” on top try to do back handspring back handspring – first one down cheese 2nd one on fast track or to porta pit off fast track.

Last 10 minutes – something fun – a race/game- or conditioning game or work on mini tramp for back tucks, punch fronts off fast track

**Level 3 and Level 4 Tumbling**

*Should have a solid round off back handspring to be in level 3. Should have a back tuck to be in Level 4.*

**Structure:**

10 minutes running and stretching – do some running that is fun or fast track jumps/tramp for fun at the beginning – WE NEED TO GET KIDS TO WANT TO BE THERE ON TIME

15 minutes basic tumbling – cartwheels, handstands, handstand walks, bridge downs/kickovers, front limbers

- Do handstands in a line - handstand blocks
- Cartwheels down a line – trying to make straight – try some 1 arm cartwheels on each arm, dive cartwheels
- Front handspring step outs
- Hurdle round offs

10 minutes of jump drills

- Stations jumping up to panel mat, trapezoids, straddle jumps off board, working leg power – can do some straddle jumps, tuck jumps and herkie jumps – can do them on trampolines/fast tracks and off boards and mini tramps to get these stronger

15 minutes of round off flip flop things

- Round offs flip flops
- Standing back handsprings
- Work on 2 back handsprings
• On fast track work multiple flip flops

10 minutes of harder passes
• Work on fast track
• Tucks, layouts, whips
• Multiple flip flops
• Aerials off a board
• Front tucks
• Front pike slides then try twisting

Tumbling classes need to follow a structure each week and keep on top of what level kids are enrolled in. Our classes have sometimes taken kids of various levels and put them together. They need to be separated by the levels stated below.

Have some fun with the class, let them warm up with some jumping and getting heart rate up with fun – then always work the basics and set up STATIONS, STATIONS, STATIONS.

Keep the kids moving and although you’ll get a kid that wants to sit and not work – it should not be the majority of your class and you need to set up a structure that does not promote this.

*If you are joining with another tumbling group, please split up- For example, Teacher 1 could go to fast track and ski. Set up a bunch of stations to keep them busy. You could also utilize the pit for flipping. Teacher 2 could be on the blue floor and set up stations for back handsprings, round-off / round-off back handsprings, etc..Teacher 3 could be on the red floor and set up different stations for back tucks, standing back handsprings, front tumbling, etc..