

Curriculum Info

Our curriculum is designed to build gymnasts' skills and confidence through small, incremental steps. Subcategories are broken down into basic progressions. The Beginner Levels of the curriculum include the most basic building blocks so that all gymnasts can experience success early on in your program.

Unlike other curricula, gymnasts do not need to simply "check-off" skills in order to move up through the levels. Instead, they need to obtain a certain amount of "stars" to progress. "Stars" are earned by having general knowledge about a skill, by being able to perform a skill safely and consistently, and by mastering a skill's form and technique. Coaches can easily track a gymnast's progress through the curriculum and celebrate each achievement. More information about evaluating skills and awarding stars comes included with the purchase of the curriculum.

Each subcategory (color) is outlined with clear progressions from the most basic building block up to more advanced levels. Coaches are also provided with supplementary skills/drills to focus on along the way.

Example 1:

Floor Exercise (Black Skills)
Front Tumbling Subcategory

Beginner 1: Forward Roll
Beginner 2: Handstand
Intermediate 3: Handstand Forward Roll

Example 2:

Uneven Bars (Blue Skills)
Circling Subcategory

Beginner 1: Cast (Hips Off Bar)
Beginner 2: Inverted Hang
Intermediate 3: Back Hip Circle (Assisted)
Intermediate 4: Back Hip Circle
Advanced 5: Double Back Hip Circle

The curriculum is very easy for new coaches to understand, helping them to confidently guide gymnasts through progressions. Color-coded subcategories make it easy for you as a program director to have all of your coaches working the same subcategories of skills each week. For example, "next week we'll be focused on introducing the purple skills." The clear structure eliminates any doubt about expectations at each level and helps keep gymnasts safe!

Beginner Gymnastics L2

Vault

Stretch Jump Vault to 16"

- Arm Circle, Board Punch, Jump Backwards
- Body Tension Board Drill Assisted

Kick Handstand Flatback

- Lying Handstand
- Donkey Kick
- Arch Rocks
- Agility Drills

Handstand (Belly to Wall)

- Half Handstand with One Leg Up
- Safety Landing from 16"
- Candlestick Tuck Jumps

Uneven Bars

Glide Swing

- Forward Roll Down to Chin Hold
- Pull-Over (Assisted)
- Chin Hold Above Bar

Inverted Hang

- Pike Compression
- Pushup Position w/ Elevated Hands
- Front Support Hold

Double Cast

- Pushup Position Jump to Straddle-On to Floor Bar
- Straddle Swings
- Straddle Forward Roll

Balance Beam

Mount to Squat

- Passé Hold
- Kick Walk
- Bear Crawl
- L Handstand on a Line

Forward Roll (Assisted)

- Lying Balance with Hands Under Beam
- Lunge Lever
- Lunge T Lunge

Straddle Jump Dismount

- Safety Landing From 24"
- Side 3/4 Handstand Dismount Spotted
- Lever From Kneel

Floor Exercise

Handstand

- Candlestick Roll
- Lying Handstand
- Handstand (Belly to Wall)

Cartwheel

- Skip
- Handstand Step Together Stretch Jump
- Power Hurdle

Backward Roll

- Bridge Back Assisted
- Rock & Roll
- Rainbow Bridge Over Barrel