



GYMSTARS – LEVEL 1

TUMBLING/FLOOR ROUTINE

Front Rolls – squat to squat
 Back Rolls
 Bear Kicks (Pre-Hand Stand)
 Monkey Jumps (Pre-Cartwheel)
 Spiderman (Hand stand on wall)

MOTOR SKILLS

Chasse
 Track on Maze
 Sprinting to jump on target

FLEXIBILITY

Butterfly
 Pike
 Straddle
 Splits
 Mermaid and Pirate Stretch (PreBack Bend)

STRENGTH

V-Sit
 Crab/Table Walks
 Rock and Roll to Candlestick
 Arabesque Balance
 Push n Peak
 Bear Walks, Rabbit Walks, Kangaroo, Camel walks
 (all arm strength skills)

BALANCE BEAM

Kicks
 Turning
 Sideways
 Dip Steps
 Straight Stretch jump dismount

GYMSTARS – LEVEL 2

TUMBLING/FLOOR ROUTINE

Front Rolls – squat to blast off jump
 Dive Rolls on incline - not from a run
 Back Rolls – landing on feet
 Hand Stand from lunge with hands down
 Kick ups – feet touch at top
 Cartwheels landing on feet
 Tripod
 Back Bend Bridge (age 5 & up ONLY)

MOTOR SKILLS

Leg swings
 Chasse with assemble legs
 Skip
 Kip
 Safe Landing Position (SLP)
 Run & Kip
 Sprint - Straight Arm Pump to jump on target

FLEXIBILITY

Open Pike – true form
 ½ Splits
 Basket
 Straddle Toe Touch

STRENGTH

V-Sit – true form
 Arabesque
 Candlestick – hands on back
 Hollow / Arch Body on Floor
 Hitch Kicks
 Planks
 Push ‘n Peak / Press
 Jumps: Straddle, Tuck

BALANCE BEAM

Front Support
 Releve Balance
 Pivot Turn
 Passe & Arabesque
 Dismount in SLP
 Squat
 Coupe walk
 V-Sit

GYMSTARS – LEVEL 3

TUMBLING/FLOOR ROUTINE

Front Rolls – 1 touch on floor only
 Back Rolls Piked – landing on feet
 Hand Stand from Standing lunge
 Cartwheels - land in lunge
 Round Off
 Tripod to Hand Stand
 Back Bend from Standing
 Back Bend Bridge kick over
 Back Bend from Knees
 Dive Rolls from Run to Target
 Hand Stand Press from Standing Straddle
 Front Limber
 Hand Stand Forward Roll
 Straddle Roll to Straddle stand

MOTOR SKILLS

Skip w/ developpe front & back
 Chasse with Turn
 Waltz turn
 Split Leap

FLEXIBILITY

Splits (L & R) Arms Up
 Straddle with chest on Floor
 Closed Pike
 Backbend with knee up
 Candlestick - hands on floor
 Y-Stand – controlled
 Back Bend to standing

STRENGTH

V-sit to V up
 Straddle V-sit
 Plank to arms
 Straddle Press from Floor
 Jumps: Straddle Toe Touch, Pike Toe Touch

BALANCE BEAM

Straddle Press on Beam
 Scale Balance
 Jumps: tuck, ½ turn, stag
 Wolf position
 Running Steps
 Hand Stand - with Spot
 Cartwheel to side hand Stand Dismount