

Boys Recreation Ages 5-7; School Year Curriculum

This curriculum is designed for a 40 week class schedule, however, we do realize that not all students may be here for the entire year so we make concerted efforts to differentiate instruction to accommodate all ability levels. This works as all skills learned in the first month continue to be practiced throughout the course so mastery is achieved by the end of the year. Having kids at different ability levels is not a problem as different drills are used to help all students to improve and develop the necessary flexibility, strength and skills. All classes begin with a warm up and stretching and end with physical strength building and conditioning. **NOTE: Not all students will perfect all of these skills in one year.**

<p>Month 1 Skills:</p> <ul style="list-style-type: none"> • Floor: Handstands Forward and Backward Somersaults Cartwheels • Pommel Horse: Straddle Swings Mushroom circles, Floor and in Bucket • High Bar: Long Hang Swings • Trampoline: Straight Jumps and Tuck Jumps <p>Month 2 Skills:</p> <ul style="list-style-type: none"> • Floor: Handstands Forward and Backward Somersaults Cartwheels and Roundoffs • Pommel Horse: Straddle Swings Mushroom circles, Floor and in Bucket • Bars: Long Hang Swings Pull Overs • Trampoline: Tuck Jumps and Straddle Jumps <p>Month 3 Skills:</p> <ul style="list-style-type: none"> • Floor: Handstand Forward Rolls Backward Somersaults Cartwheels and Roundoffs to Punch Jump • Pommel Horse: Straddle Swings Mushroom circles, Floor and in Bucket • Bars: Long Hang Swings Pull Overs Back Hip Circles • Trampoline: Forward Flips into Pit <p>Month 4 Skills:</p> <ul style="list-style-type: none"> • Floor: Handstand Forward Rolls Cartwheels and Roundoffs to Punch Jump Introduction to Back Handspring • Pommel Horse: Straddle and Stride Swings Mushroom circles, Floor and in Bucket • Bars: Pull Overs and Back Hip Circles Regripping (Hand Hops) Dismount • Vault: Running, Two Foot Straight Jumps Arm Circle Hurdle 	<p>Month 5 Skills:</p> <ul style="list-style-type: none"> • Floor: Handstand Forward Rolls Introduction to Back Handspring • Pommel Horse: Straddle and Stride Swings Mushroom circles, Floor and in Bucket • Rings: Swings Inverted Hangs Spin the Cat • Vault: Straight Jump Stick Landing • Trampoline: Forward Flips into Pit <p>Month 6 Skills:</p> <ul style="list-style-type: none"> • Floor: Cartwheels and Roundoffs to Punch Jump Back Handspring Arabesque • Pommel Horse: Straddle and Stride Swings Mushroom circles in Bucket and Regular Mushroom Dismounts • Rings: Swings Inverted Hangs Spin the Cat • Parallel Bars: Swings Dismounts <p>Month 7 Skills:</p> <ul style="list-style-type: none"> • Floor: Back Handspring Cartwheel-Chasse-Cartwheel Sequence Press Head Stands • Pommel Horse: Putting It All Together • Rings: Pull Ups to Pike Hang Dismounts • Parallel Bars: Swings Dismounts <p>Month 8 Skills:</p> <ul style="list-style-type: none"> • Level 3 Routines all events • Fall Practice (because gymnasts will fall) • Practice for Exhibition Show <p>Month 9 Skills:</p> <ul style="list-style-type: none"> • Level 3 Routines all events • Skill Level Testing • Exhibition show
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