

Girls Recreation Ages 8+; 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 and Roundoffs • Beam: Mounts and Walking Forwards and Backwards • Bars: Long Hang Swings Pull Overs • 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 to Punch Jump • Beam: Mounting Properly Walking Forwards and Backwards Straight Jumps, Split Jumps and Tuck Jumps • Bars: Long Hang Swings Pull Overs • Trampoline: Forward Flips into Pit <p>Month 3 Skills:</p> <ul style="list-style-type: none"> • Floor: Handstand Forward Rolls Introduction to Back Handspring Cartwheels and Roundoffs to Punch Jump • Beam: Walking Forwards and Backwards Straight Jumps, Split Jumps and Tuck Jumps Half Turns on Low Beam • Bars: Long Hang Swings Pull Overs Back Hip Circles & Mill Circle Shoot Through • Trampoline: Forward & Back Flips into Pit <p>Month 4 Skills:</p> <ul style="list-style-type: none"> • Floor: Handstand Forward Rolls Back Walkovers Introduction to Back Handspring • Beam: Straight, Split and Tuck Jumps Half Turns Hand Stands • Bars: Pull Overs Back Hip Circles & Mill Circle Shoot Through Vault: Approach, Running, Arm Circle, Hurdle 	<p>Month 5 Skills:</p> <ul style="list-style-type: none"> • Floor: Handstand Forward Rolls Spotted Back Handspring • Beam: Straight Jumps and Tuck Jumps Half Turns • Bars: Pull Overs Back Hip Circles Mill Circle • Vault: running, two foot straight jumps on board. Arm Circle hurdles • 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 Dancing Skills • Beam: Half Turns Handstand on Beam Dismounts • Bars: Back Hip Circles and Mill Circle Jump to High Bar Dismounts • Vault Skills: Handstand Flat Back • Trampoline: Back Flips <p>Month 7 Skills:</p> <ul style="list-style-type: none"> • Floor: Back Walkovers Dancing Skills • Beam: Handstand on Beam Dismounts • Bars: Mill Circle Shoot Through Dismounts • Vault : Handstand Flat Back • Trampoline: Forward And Back Flips into Pit <p>Month 8 Skills:</p> <ul style="list-style-type: none"> • Level 4 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 4 Routines all events • Skill Level Testing • Exhibition show
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