

2011-2012 Tumble Tykes School Year Curriculum

This curriculum is designed for a 40 week class schedule. 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. All skills learned in the first month will continue to be practiced throughout the year to achieve mastery by the end of the year. Therefore, having kids at different ability levels is not a problem as we set up different drills to help all students to improve and develop the necessary flexibility, strength and skills. For example, a class of students learning forward somersaults may have some practicing skills on the floor while others may be practicing on an inclined mat.

Month 1 Skills:

- Handstands
- Forward Somersaults
- Cartwheels
- Straight Jumps on Trampoline

Month 2 Skills:

- Handstands
- Backward Somersaults
- Cartwheels
- Tuck Jumps on Trampoline

Month 3 Skills:

- Handstand Forward Rolls
- Backward Somersaults
- Round Offs
- Swing Techniques for High Bar,
- Straddle Jumps on Trampoline

Month 4 Skills:

- Handstand Forward Rolls
- Round Offs
- Swing Techniques for High Bar, and Rings
- Beam Skills: Mounting, Walking, Dips, Straight Jumps
- Vault Skills: Running, Two Foot Straight Jumps on Spring Board.

Month 5 Skills:

- Back Walkovers
- Highbar: Pull Overs
- Beam: Mounting, Tuck Jumps
- Vault: Arm Circles
- Rings: Inverted Hangs

Month 6 Skills:

- Back Walk Overs
- Round Off Rebounds
- Highbar: Swings, Pull Overs
- Beam: Straight Jumps, Tuck Jumps
- Vault: Arm Circles, Straight Jumps

Month 7 Skills:

- Round Off Rebounds
- Parallel Bars: Swings
- Beam: Handstands, Dismounts
- High Bar: Dismounts
- Vault: Stick Landings

Month 8 Skills:

- Level 2 Routines All Events
- Practice Falls (because gymnasts will fall)
- Trampoline: Straight Jumps, Front Drops, Seat Drops

Month 9 Skills:

- Level 2 Routines All Events
- Skill Level Testing
- Trampoline: Straight Jumps, Front Drops, Seat Drops