Level 1

About this Class: In this class, beginning level gymnastics skills will be taught. We will focus on motor and social skills along with learning how to listen and follow rules. They will learn body control on all the events and air awareness on the trampoline events. Our goal is to teach them the skills they need to be successful beginning level tumblers and trampolinists!

**SKILLS TO BE INTRODUCED AND TAUGHT IN THE LEVEL 1 CLASS**

**Floor/Tumbling**

Skills:

-Forward Roll -Handstands

-Backward Roll -Bridges

-Cartwheel -Headstands

-Backbend -Bridge kick-over

-Kick-up to handstand -Handstand forward roll

-Round-off -Handstand snap downs

**Double-Mini Trampoline**

Skills:

-How to do a 2 foot mount -Tuck Jumps

-How to stick a dismount -Straddle Jumps

-Straight Jumps -1/2 Turns

**Trampoline**

Skills:

-How to stick and stop bouncing -Pike Jumps

-How to exit the trampoline -1/2 Turns

-Straight Jumps -Seat Drop Stand up

-Tuck Jumps -Doggy Drops (hands & Knees)

-Straddle Jumps -Belly Drop

**SKILLS NEEDED TO MOVE UP TO LEVEL 2**

**Floor/Tumbling:** Forward Roll, Backward Roll, Cartwheel on Floor, Kick to handstand, Bridge, Round-off

**Double-Mini Trampoline:** Mounts w/2 feet, successfully jumps across with 3 bounces, sticks jumps off the end

**Trampoline:** Knows how to stick and stop tramp from bouncing, can put jumps together back to back, seat drop stand up, seat drop, to hands and knees, to belly drop stand up.