Level 2

About this class: The goal of the Level 2 class is to challenge athletes and allow them to achieve maximum success while developing skills, building strength and increasing flexibility. Children will continue to learn basic gymnastics skills on floor, double mini and trampoline. Students progress through the class starting with Level 2 passes and progress into Level 3. Once proficient at this level, students can begin to be considered for our pre-team or competition team.

**SKILLS TO BE TAUGHT OR FURTHER PERFECTED IN THE LEVEL 2 CLASS**

**Floor/Tumbling**

Skills:

-Backward Rolls -Handstands

-Cartwheels -Bridges

-Round-Offs -Introduce run with a hurdle

-Backbend -Kick Overs

-Walkovers -Handstand Forward Rolls

-Dive Rolls -Handstand Snap Downs

-Back Handsprings -Handstand fall flat/tight

**Double-Mini Trampoline**

Skills

-How to Mount the DM -How to stick a dismount

-Tuck jumps -Straddle Jumps

-Pike Jumps -3 straight bounces

-1/2 Turns -Full Turns

-Front Tuck Dismount -Mounter Jumps across

**Trampoline**

Skills

-How to Stick and stop bouncing -Doggy Drop (hands & Knees)

-How to exit the trampoline -Belly Drop

-Straight jumps -Back Drops

-Tuck Jumps -Straddle Jumps

-Pike Jumps -1/2 & 1/1 turns

-Swivel Hips -Front tucks & Back Drop Pull overs

**SKILLS NEEDED TO MOVE UP TO PRE-TEAM OR COMPETITION TEAM**

**Floor/Tumbling**: Consecutive back rolls, cartwheels, handstand on wall with belly and nose flat to wall, running round-off, handstand forward roll, back handspring over barrel, back handspring on floor with spot**. Double-Mini:** Get across in 3 or 2 jumps, knows correct way to mount, understands passes, working front tuck off end**. Trampoline:** Swivel hips, doggy drop to belly to feet, pike jump, belly drop free, back drop stand up, level 2 routine, working level 3 skills .