

School Age Progressions

Bars

Pullover

Cast with hips and toes above bar

Hold a tight hollow body shape on bar

Good Push up Position

Floor

Lever

Handstand

Cartwheel

Roundoff

Bridge Kickover

Backward Roll

Beam

Lever

Pivot Turns

Beginning handstand

Mount

Vault

Strong, fast run on toes

Arm Circle

Straight Jump onto Mat

To Work on at Home

- **Push ups-** hands should be shoulder width apart, shoulders leaning over hands, a tight stomach in a rounded position.
- **Sit Ups/ Hollow Holds**
- **Arch Holds (superman)**
- **Levers**
- **Bridges**
- **Leg squats**
- **Splits and Stretches**
- **Handstand with belly against the wall. (no arch and head sticking out)**

**** Please do NOT have your child try anything that has to be spotted or that they are not ready for. All children move at different paces and they need the in gym instruction as well as matting to be safe.**