

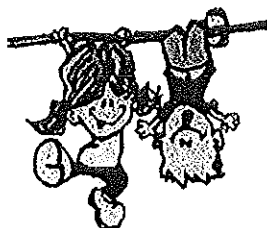
Gymnastics Unlimited

4368 Warm Springs Rd.

Columbus, GA 31909

(706) 563-1866

www.gymunlimitedga.com



Little Gym 2 Skill Sheet:

Floor	Bars	Beam	Trampoline	Social Skills	Motor Skills
Forward Roll†	Hanging	Walking Forward†	Controlled Jump	Taking Turns	Hand-Eye Coordination
Backward Roll	Swinging†	Walking Backward	Jump and Stop†	Working with Others	Eye-Foot Coordination
Side Roll†	Front Support†	Walking Sideways	Seat Drop†	Group Play	Pushing/Pulling
Handstand	Roll Over†	Stepping Over†	Dog Drop	Taking Directions from Teacher	Throwing/Catching†
Jumping†	Pullover	Jumping	Jump with Turns		Kicking†
		Static Balance Skills			Static/Dynamic Balance
		Dismounts with Proper Landing†			Locomotor Skills†

† Skill is required in order to exit this level. In addition to gymnastics skills, athlete must show good classroom discipline, willingness to take and follow instructions, and good work ethic. An instructor may also base an advancement not only on present skills but on potential growth as well.

** This is a list of skills that will be covered during the course of the curriculum. As each teacher has the flexibility to go beyond this list, it is not comprehensive. There are also various methods of teaching used to cover each skill. If you have any questions, please feel free to ask or you may contact us by phone, (706) 563-1866

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Little Gym 3 Skill Sheet:

Floor	Bars	Beam	Trampoline	Social Skills	Motor Skills
Forward Roll†	Swinging†	Walking Forward†	Controlled Jump	Taking Turns	Hand-Eye Coordination
Backward Roll Down Incline†	Swing ½ Turn	Walking Backward†	Jump and Stop	Working with Others	Eye-Foot Coordination
Side Roll	Front Support†	Walking Sideways	Seat Drop†	Group Play	Pushing/Pulling
Handstand	Roll Over†	Static Balance Skills	Dog Drop†	Taking Directions from Teacher	Throwing/Catching†
Cartwheel	Pullover	Turn in One Spot	Jump with Turns†		Kicking†
Jumps†	Sole Circle Swing	Dismount with Proper Landing†	Straddle Jump		Static/Dynamic Balance†
		Scale†			Locomotor Skills†
		V-Seat†			Spatial Awareness

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Little Gym 4 Skill Sheet:

Floor	Bars	Beam	Vault	Trampoline	Motor Skills
Forward Roll†	Swinging†	Varied Walks†	Board Technique†	Seat Drop†	Hand-Eye Coordination
Backward Roll†	Swing ½ Turn	Jumping	Varied Jumps from Board	Dog Drop†	Eye-Foot Coordination
Side Roll	Jump to Front Support†	Scales†	Squat On to Stacked Mats†	Seat Drop to Back Drop	Throwing†
Handstand†	Pullover	V-Seat	Safe Landing Position	Jump and Turn†	Catching†
Cartwheel	Casting†	Pivot Turns†	Proper Landing†		Kicking†
Backbend Over Barrel	Cast Back Hip Circle	Jump Off Dismount†			Static/Dynamic Balance
Chasse	Swing Pike Over	Proper Landing†			Locomotor Skills
Skipping	Sole Circle				Spatial Awareness
Basic Body Positions	Climb to High Bar				Striking
					Jumping†

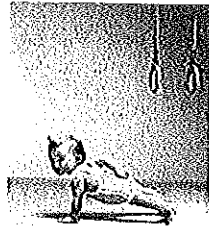
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Advanced Little Gym Skill Sheet:

Floor	Bars	Beam	Vault	Trampoline
Forward Roll	Pullover†	Varied Walks in Releve	Board Technique†	Dog Drop to Forward Roll†
Backward Roll	Swing ½ Turn to Stand on Low Bar	Jumping	Varied Jumps from Board	Jump Full Turn†
Cartwheel†	Long Swing Pike Over	Scales†	Squat On†	Seat Drop to Back Drop
Handstand†	Sole Circle	V-Seat†	Jump to Handstand, Fall to Back	
Dive Roll†	Casting	Pivot Turns†		
Roundoff	Cast Back Hip Circle†	Varied Jumps Off with Proper Landing†		
Chasse	Pendulum Swing†	Cartwheel Off Low Beam		
Leaps	Underswing	Tuck Jumps		
Assemblee	Swing with Re-Grip†	Cartwheels		
Jump Full Turn†				
Step ½ Turn in Releve				

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