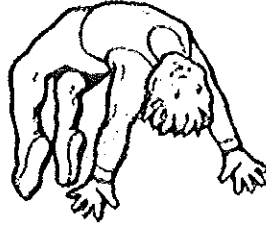


# Gymnastics Unlimited

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## Hot Tots Skill Sheet:

Floor	Bars	Beam	Trampoline	Social Skills	Motor Skills
Forward Roll	Hanging	Walking Forward	Basic Jumping	Taking Turns	Hand-Eye Coordination
Backward Roll	Swinging	Walking Backward	Seat Drop	Working with Others	Eye-Foot Coordination
Side Roll	Front Support	Walking Sideways	Jump and Turn	Group Play	Pushing/Pulling
Handstand	Roll Over	Static Balance Skills		Expanding Relationship with Parent/Guardian	Throwing/Catching
Jumping		Stepping Over		Developing a Student-Teacher Relationship	Kicking
Sliding		Dismount with Proper Landing			Static/Dynamic Balance
					Locomotor Skills

Note: Automatic advancement when child turns 2 years old.

\*\* 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