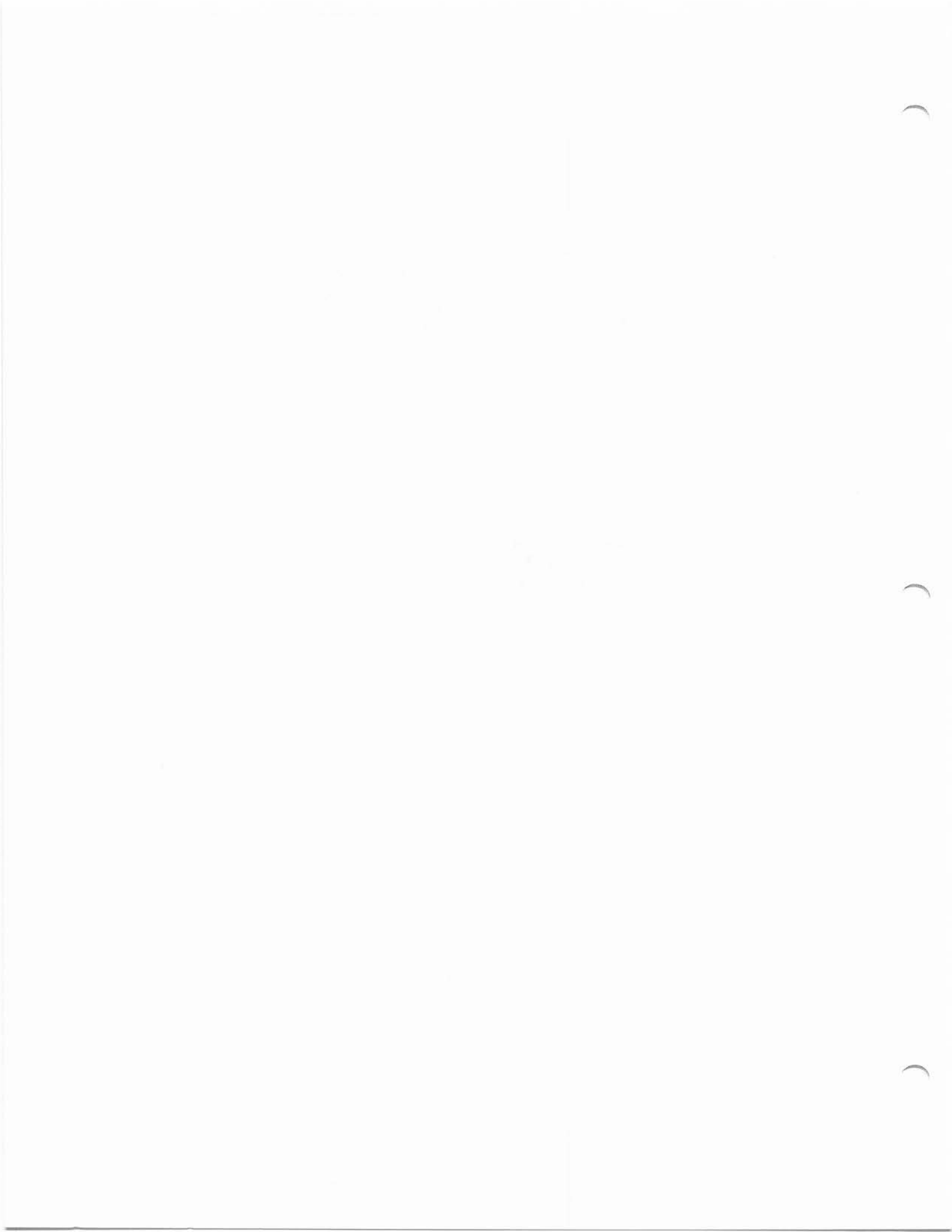




TUMBLING





LEVEL 1 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 1

<p>ensure fingers point towards toes</p>	<p>Front support/rear support/side support (5 sec.)</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - watch entire body position is in line with muscles tight - emphasize tight core muscles - ensure hands are placed flat, pointing fingers forward <p><i>Variations:</i></p> <ul style="list-style-type: none"> - put feet or hands at a height
--	---

LEVEL 1 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 2

	<p>Show tight lunge position</p> <p><i>TEACHING NOTES:</i></p> <p><i>Variations:</i></p> <ul style="list-style-type: none"> - use visuals or objects on the floor to step on - try lunges with both feet - lunge stepping onto box - ensure knee does not pass ankle
--	---

LEVEL 1 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 3

<p>Wall</p> <p>Floor</p> <p>ensure hands pointing forward</p>	<p>Piked handstand with front facing wall or feet elevated to hip height (5 sec)</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - wrists, shoulders, and hips should all be aligned vertically <p><i>Variations:</i></p> <ul style="list-style-type: none"> - participants can put front of legs on hip height box or mat
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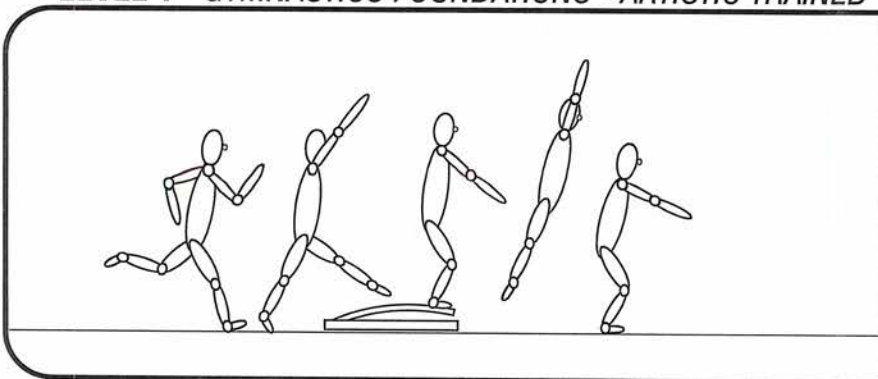
LEVEL 1 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 4

	<p>Tight body log roll down incline</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - at this point ensure participants have a tight body position - arms overhead <p><i>Variations:</i></p> <ul style="list-style-type: none"> - roll both directions
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LEVEL 1 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 5



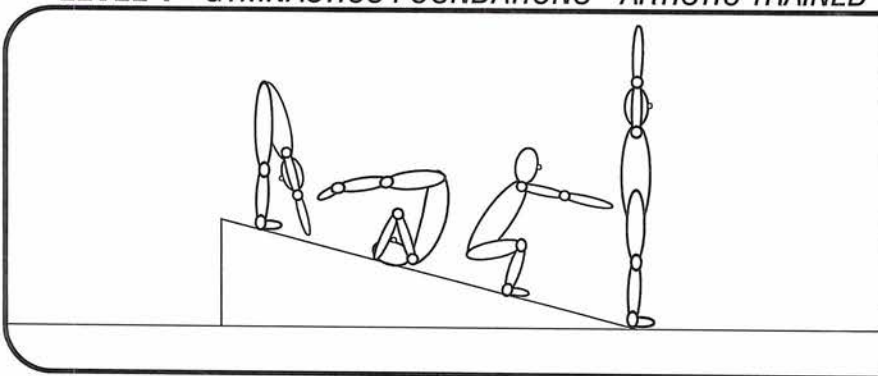
Small run, spring board jump to controlled landing

TEACHING NOTES:

- ensure participant pushes from springboard with both feet
- jump should not travel forward a lot

LEVEL 1 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 6



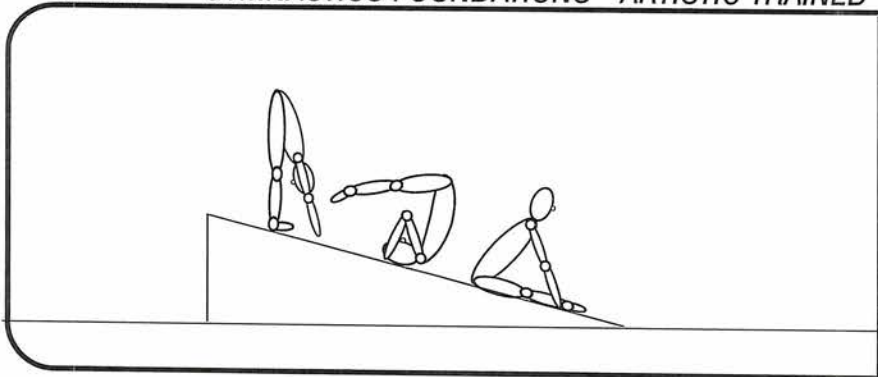
Forward roll to stand down incline

TEACHING NOTES:

- participant must stand up without putting their hands on the floor

LEVEL 1 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 7



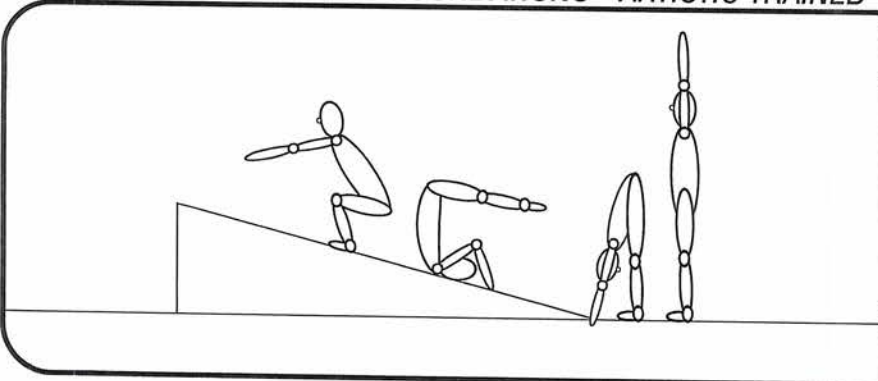
Piked forward roll to pike sit/straddle forward roll to straddle sit down incline

TEACHING NOTES:

- ensure straight legs through out the roll

LEVEL 1 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 8



Backward roll (assisted down incline)

TEACHING NOTES:

- ensure participants have a continuous roll
- ensure participant knows how to push with hands
- participants must land on feet not knees

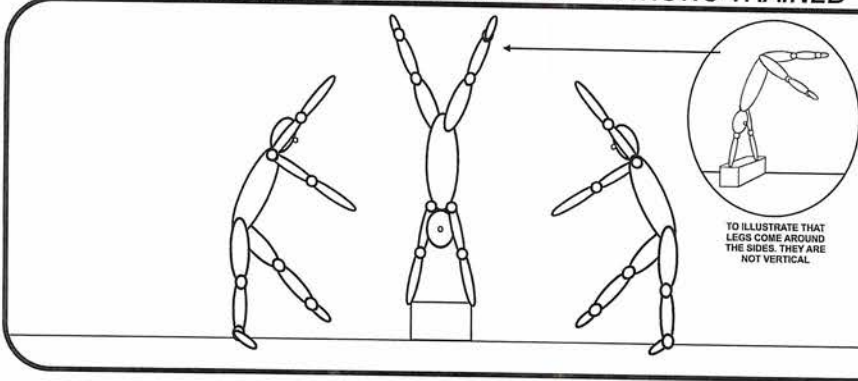
LEVEL 1 - GYMNASTICS FOUNDATION - ARTISTIC TRAINED

SKILL 9

Modified cartwheel over block alternating legs

TEACHING NOTES:

- ensure participants learn to kick legs up one at a time
- feet land one then the other, not at the same time
- participant should be able to complete skill with either leg in front



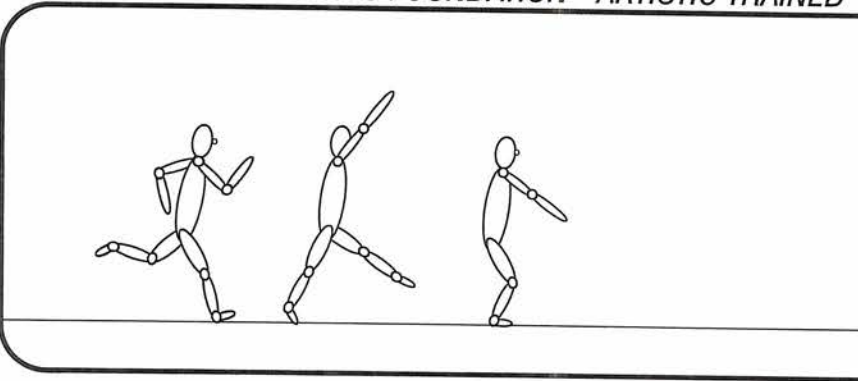
LEVEL 1 - GYMNASTICS FOUNDATION - ARTISTIC TRAINED

SKILL 10

Run to hurdle (run/step to land on 2 feet)

TEACHING NOTES:

- use equipment to go over before landing
- ensure participant has mastered safety landing (both feet landing simultaneously)



LEVEL 2 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 1

	Power hurdle
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - participant must have mastered long jump - ensure arms reach ears during jumping - teach with mini handstand or cartwheel after

LEVEL 2 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 2

	Log roll on floor
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - hands and feet should not touch floor - emphasize arch, then hollow position movement <p>Variations:</p> <ul style="list-style-type: none"> - roll in both directions

LEVEL 2 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 3

	Leaning handstand with front facing wall (45 degrees for 10 sec)
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - emphasize core muscles contracted and tight - ensure wrists, shoulders, and hips are aligned - ensure participants can come down safely <p>Variations:</p> <ul style="list-style-type: none"> - progress to an almost vertical handstand keeping alignment

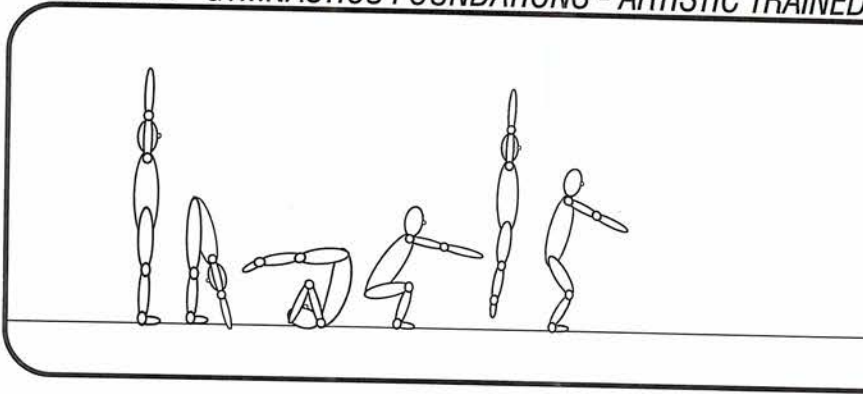
LEVEL 2 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 4

	Forward roll to stand on floor
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - participant must stand up without putting hands on floor

LEVEL 2 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 5



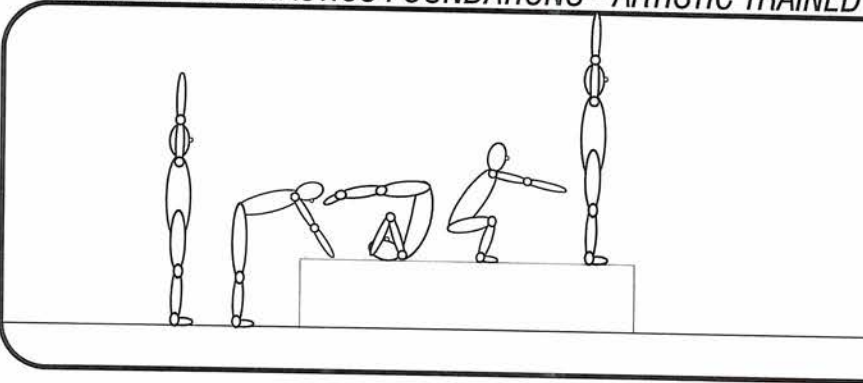
Forward roll into immediate straight jump to controlled landing

TEACHING NOTES:

- ensure participants have mastered the forward roll and straight jumps first
- there is no pause between the forward roll and jump

LEVEL 2 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 6



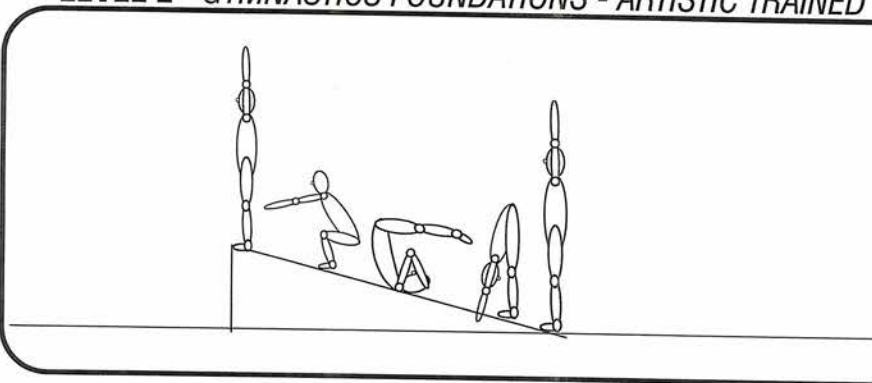
Forward roll onto box/height

TEACHING NOTES:

- feet must stay together
- ensure participant pushes with legs and tucks their chin when starting roll

LEVEL 2 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 7



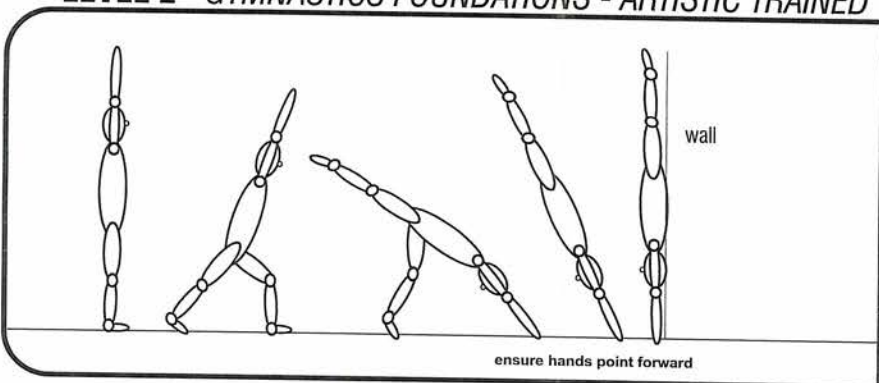
Backward roll down incline (unassisted)

TEACHING NOTES:

- ensure participant knows how to push with hands
- participants must land on feet not knees

LEVEL 2 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 8



Assisted kick to handstand against wall

TEACHING NOTES:

- participant should be able to hold position alone after having spot for kick to handstand
- coach should spot them until they reach the wall and assist when stepping down

LEVEL 2 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 9

<p style="text-align: center;">ensure hands point forward</p>	<p>Tight lunge kick up to modified handstand</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - scissor kick to get legs together - ensure wrists, arms, and hips stay vertically aligned - coach should be present for safety
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LEVEL 2 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 10

	<p>Modified cartwheel on floor (legs must be straight)</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - cartwheel does not have to be straight - participants are learning correct hand/feet pattern - ensure participants hands are turned correctly
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LEVEL 3 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 1

	<p>Tight stretched handstand with front against wall (20 sec.)</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure body is aligned - emphasize extending shoulders (do not shrug) - ensure participants know how to come down safely
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LEVEL 3 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 2

	<p>Forward roll into immediate shape jumps to controlled safety landing</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - can do tuck/pike/straddle jump 1/1 or 1/2 turn - ensure participants have mastered the forward roll and shape jumps first - there is no pause between the forward roll and jump
--	--

LEVEL 3 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 3

	<p>Backward roll on floor to feet</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure participants have mastered the backward roll down incline first - emphasize straight arms and legs - ensure the roll is continuous
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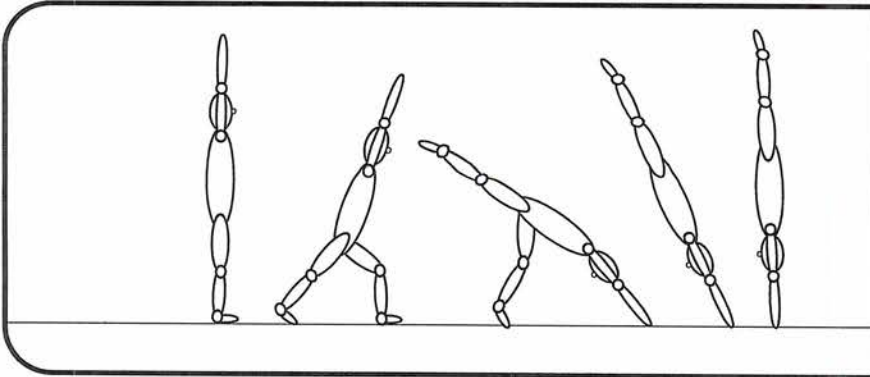
LEVEL 3 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 4

	<p>Jump from height, rebound into immediate dive roll onto height</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure participants can do a dive roll first before combining - ensure correct body alignment and head tucked in for roll - may use spring board to rebound on
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LEVEL 3 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 5



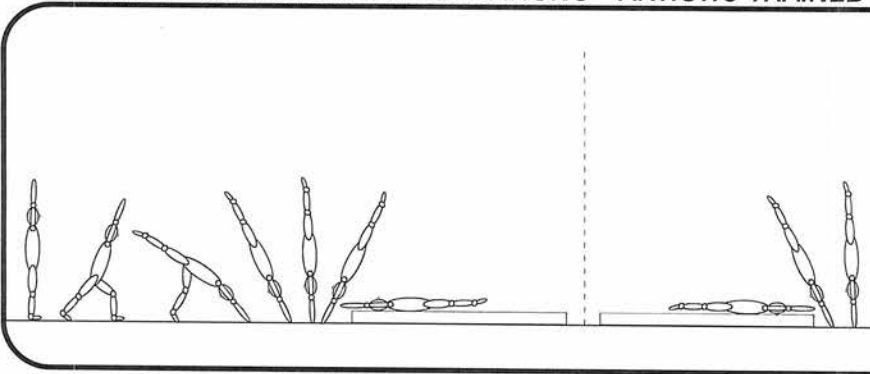
Kick up to handstand, step down to lunge

TEACHING NOTES:

- scissor kick to get legs together
- ensure wrists, arms, and hips stay vertically aligned
- coach should be present for safety
- ensure there is enough space
- handstand should be within 10 degrees of vertical
- ensure hands are pointing forward

LEVEL 3 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 6



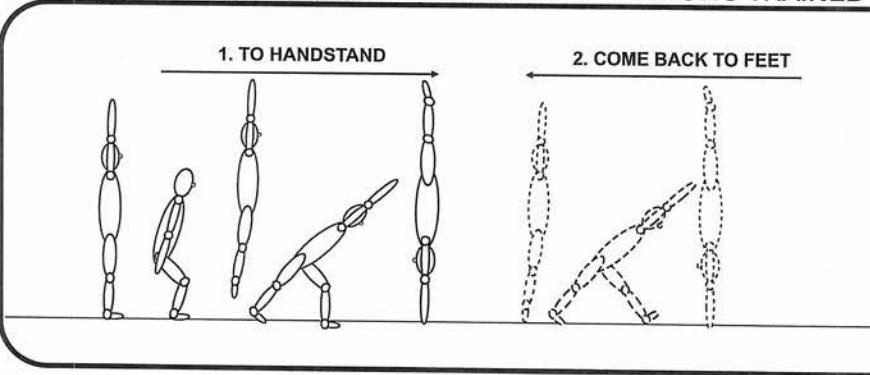
Kick to handstand fall to back/front onto safety mat

TEACHING NOTES:

- ensure body is straight when falling back/front
- ensure entire body contacts mat at the same time

LEVEL 3 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 7



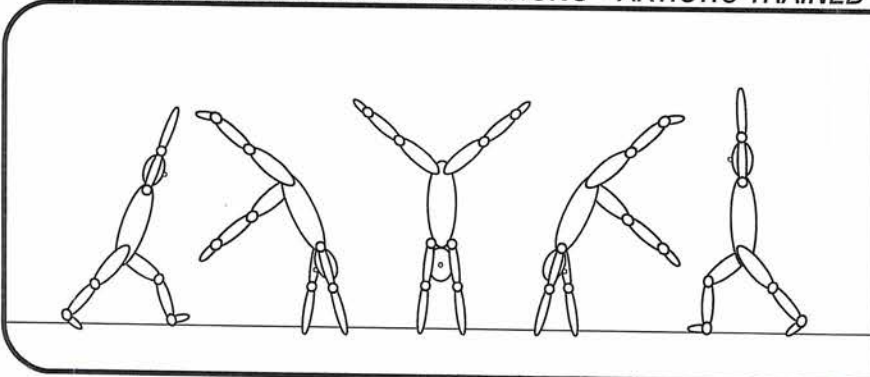
Show power hurdle to modified handstand or cartwheel

TEACHING NOTES:

- ensure hurdle position has arms over head and a stretched out lunge

LEVEL 3 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 8



Cartwheel on line with legs straight, body vertical, narrow arms

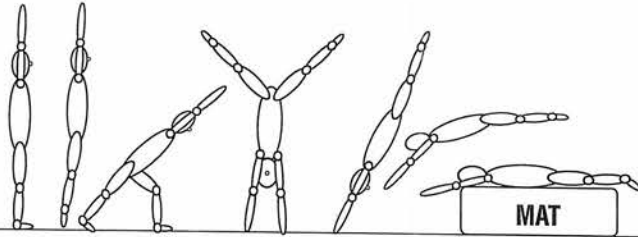
TEACHING NOTES:

- ensure body position is aligned
- ensure hand placement is correct

LEVEL 3 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 9

Cartwheel fall or pop to front on safety mat



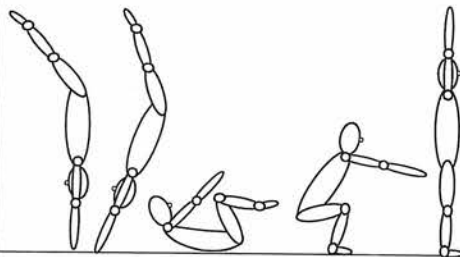
TEACHING NOTES:

- ensure body is straight when falling
- ensure entire body contacts mat at the same time
- legs must come together before they hit the mat
- arms should remain straight during pop

LEVEL 3 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 10

Modified forward roll from handstand



TEACHING NOTES:

- can use incline, go from wall or go from boxes
- ensure chin is tucked in on roll
- ensure participant rolls straight
- progress from lower to higher height or using mat

LEVEL 4 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 1

	<p>Tight stretched handstand with front against wall (45 sec.)</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure body is aligned - participants should move their hands farther away from wall if body alignment cannot be attained - ensure hands are pointing forward away from wall
--	--

LEVEL 4 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 2

	<p>Dive roll onto chest height mats from spring board</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure tight body position - ensure participants hands contact the mat before rolling - ensure chin is tucked in - emphasize flight time between spring board jump and hand contact
--	---

LEVEL 4 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 3

	<p>Backward roll down incline to front support position</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - keep arms straight through out the entire roll - fingers should be facing each other - try hand to knee support as a progression
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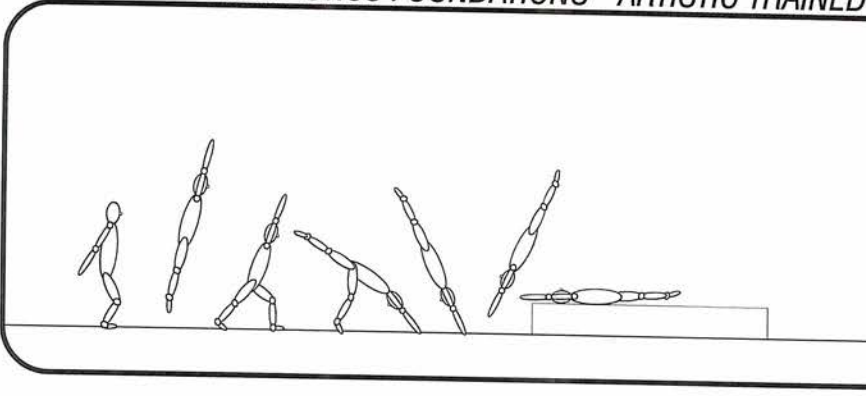
LEVEL 4 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 4

	<p>Handstand, fall to bridge off knee height with equipment or assistance</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure participants can do the bridge position then combine with the handstand - emphasize open shoulders - can do off of box, over object or with assistance
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LEVEL 4 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 5



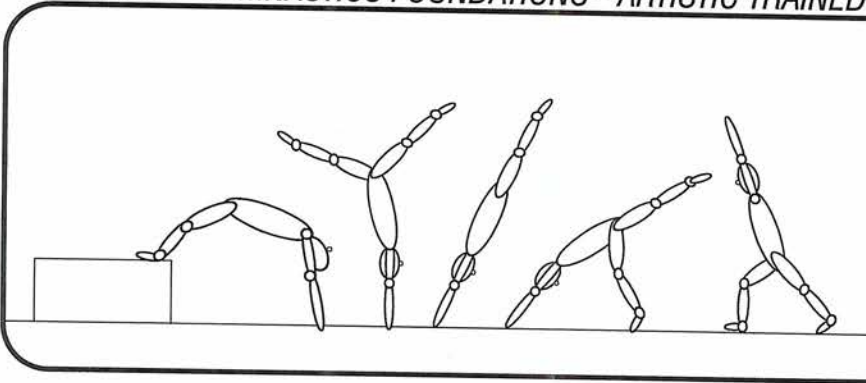
Power hurdle or kick to handstand, pop to flat back on safety mat

TEACHING NOTES:

- ensure hurdle position has arms over head and legs out front in a good lunge
- Ensure body is straight when popping onto back
- participant must get air/flight time between hand contact and landing on mat

LEVEL 4 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 6



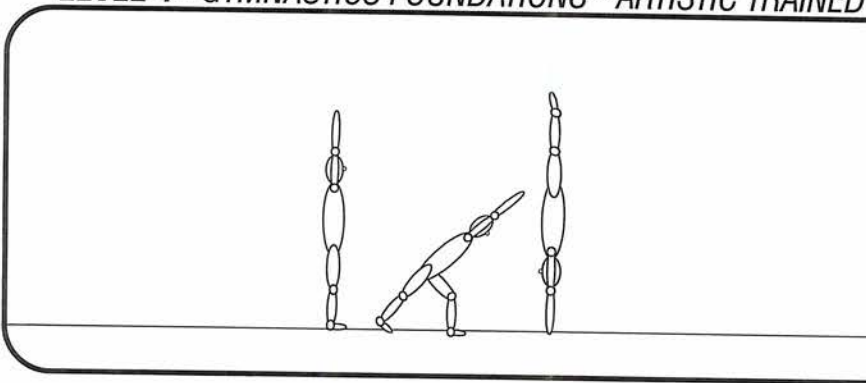
Push to bridge with feet on box, kick over to lunge

TEACHING NOTES:

- participants need to lean shoulders past their hands while kicking over
- can start with a higher box and progress to a lower one

LEVEL 4 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 7



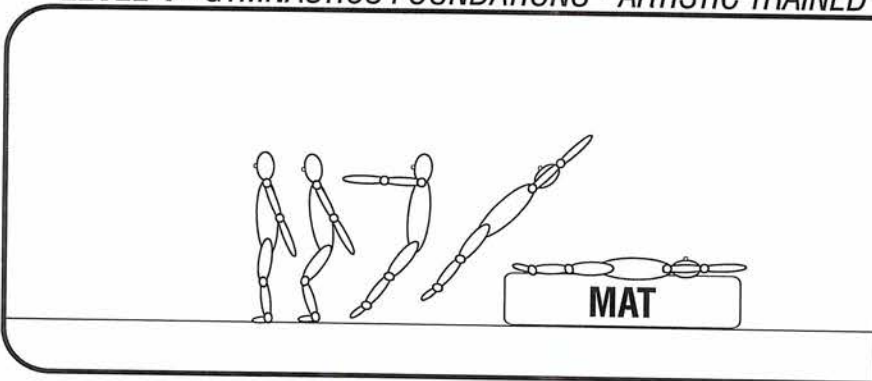
Kick to handstand hold (1-3 sec)

TEACHING NOTES:

- participant can walk

LEVEL 4 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 8



Aggressive jump to flat back for back handspring

TEACHING NOTES:

- ensure participants travel long
- have contests to see who can land farthest on the mat
- ensure chest stays vertical through out the squat jump phase
- participant should land with arms above head

LEVEL 4 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 9

	<p>Round-off off block</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure legs come together - watch for participants twisting early - legs should come straight over top and not around the side

LEVEL 4 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 10

	<p>Optional 4 or 5 skill routine</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - must pick 5 skills that connect together - a routine must have no extra steps or pauses - eg. back roll, jump 1/2 turn, dive roll step out, cartwheel



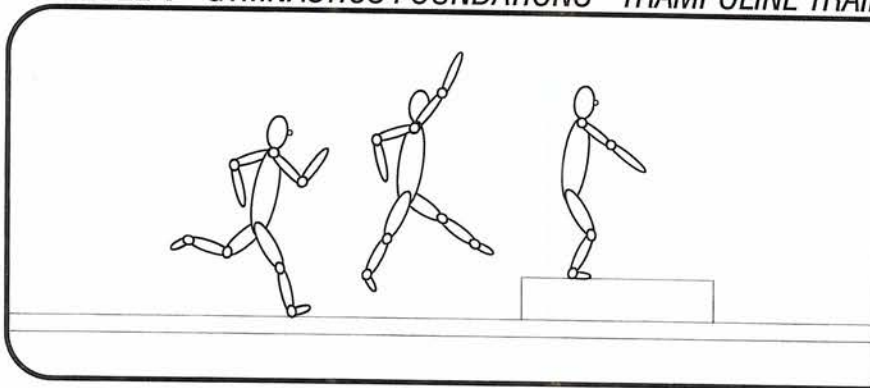
DOUBLE MINI





LEVEL 1 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 1



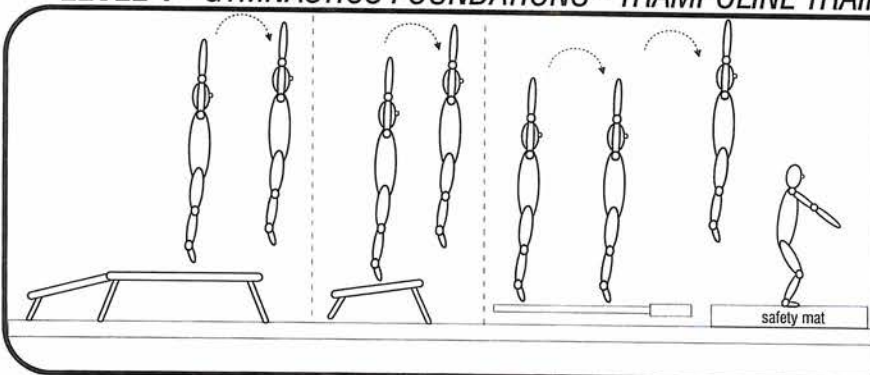
Show hurdle to controlled safety landing onto knee height

TEACHING NOTES:

- ensure feet land at the same time
- ensure the athlete takes off of one foot

LEVEL 1 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 2



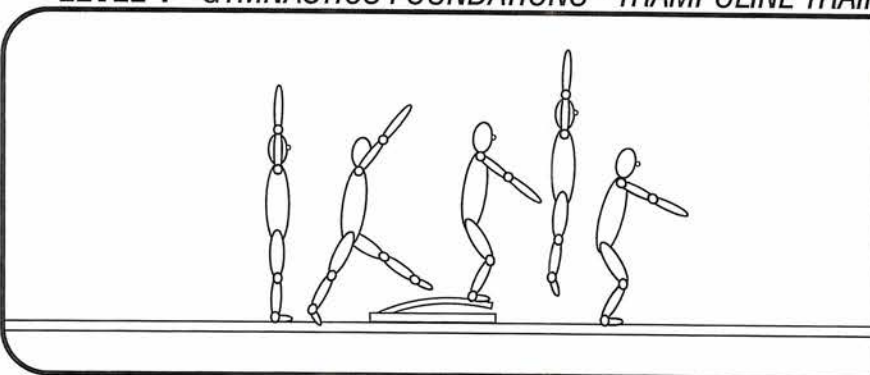
Show controlled safety landing from bouncing off of DMT/mini/tramp to safety mat

TEACHING NOTES:

- focus on jump going up and not out

LEVEL 1 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 3



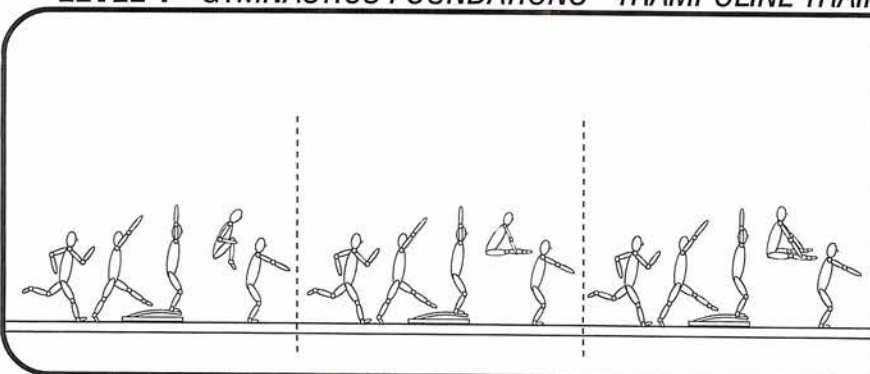
Show hurdle 2 foot take-off from springboard to safety landing

TEACHING NOTES:

- low, long step to board
 - full body extension in jump
 - focus on jump going up and not out
- Variations:
- can add a few steps or run before

LEVEL 1 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 4



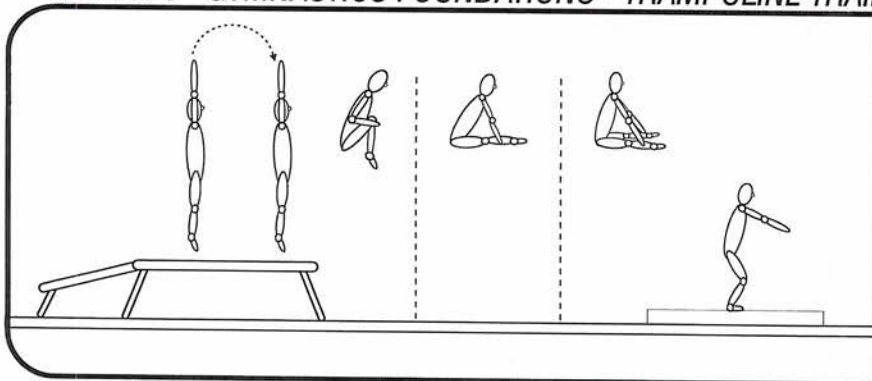
Show tuck/pike/straddle jumps from springboard to controlled safety landing

TEACHING NOTES:

- low, long step to board
 - full body extension in jump
- Variations:
- mini-tramp
 - can add run

LEVEL 1 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 5



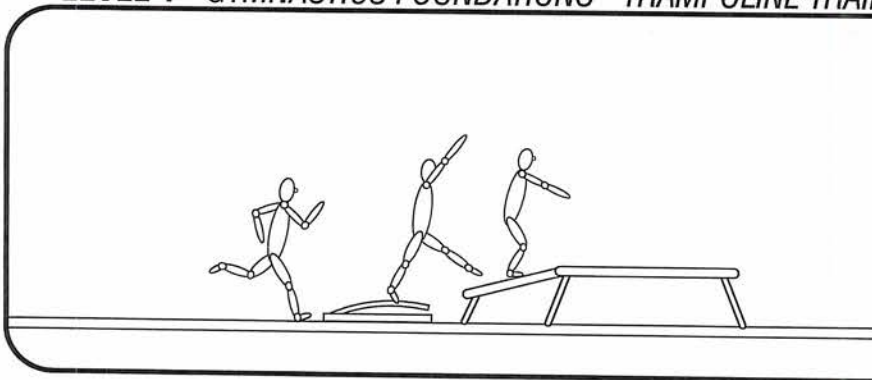
Show tuck/pike/straddle jump from DMT to controlled safety landing (Roller Coaster)

TEACHING NOTES:

- participant can start jumping on DMT
- shape jumps should have minimal travel

LEVEL 1 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 6



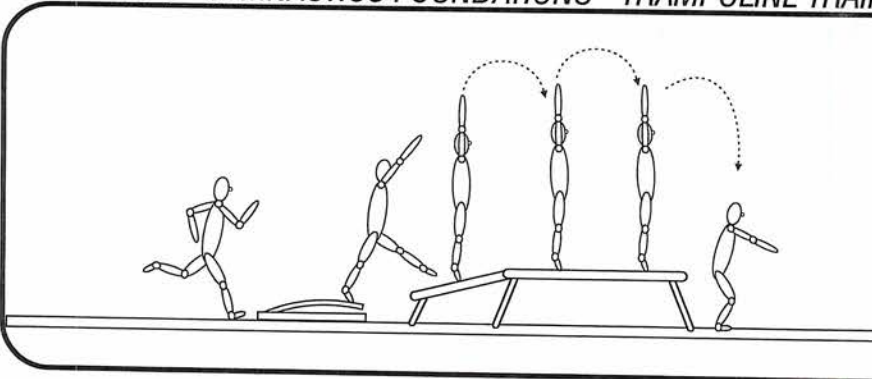
Hurdle onto DMT from knee height/springboard/incline/box

TEACHING NOTES:

- participants do not spring from springboard
- incline or box works better (less confusing than with springboard)

LEVEL 1 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 7



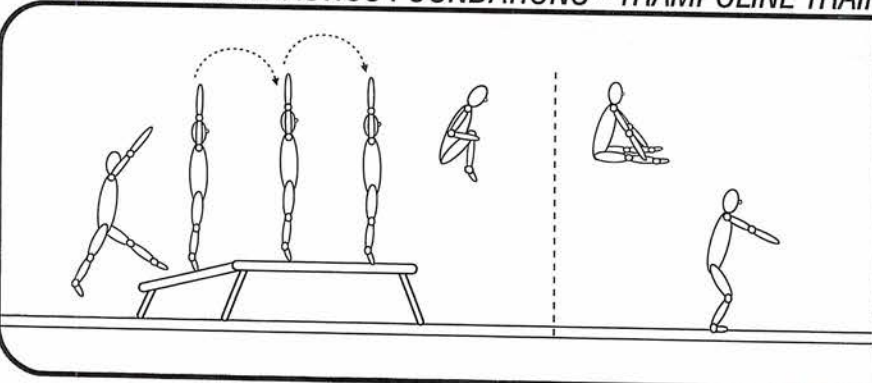
3 straight jumps to controlled safety landing

TEACHING NOTES:

- head neutral, looking forward
- must show control on the DMT
- ensure participants can land in the correct spot on the DMT for each jump
- can use apparatus before DMT

LEVEL 1 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 8



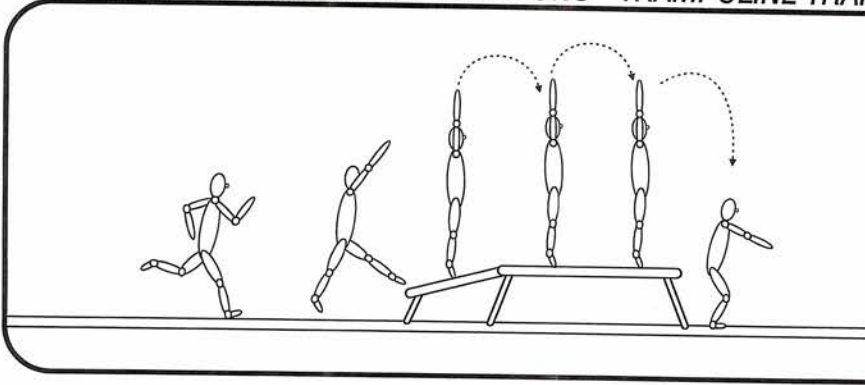
2 straight jumps, 1 tuck/straddle jump off DMT to a controlled safety landing

TEACHING NOTES:

- must show control on the DMT
- ensure participants can land in the correct spot on the DMT for each jump

LEVEL 2 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 1



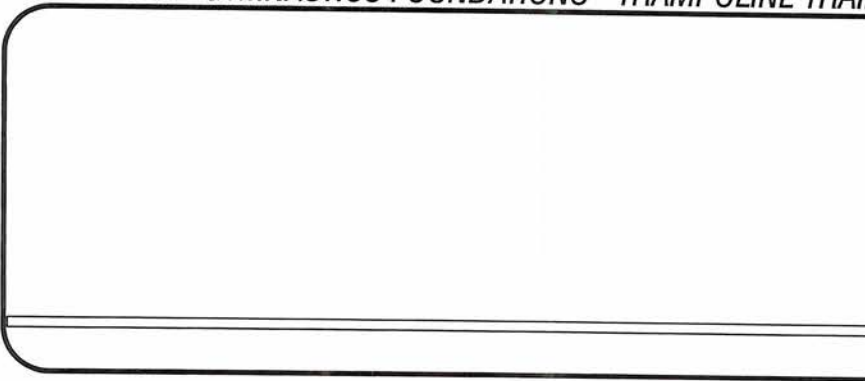
3 straight jumps to controlled safety landing off the DMT from the floor (Roller Coaster)

TEACHING NOTES:

- head neutral, looking forward
- ensure participant can land in the correct spot on DMT for each jump
- progression: can start with arms up, then progress to arm circles
- Variations: make it a game
 - vary the arm positions

LEVEL 2 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 2



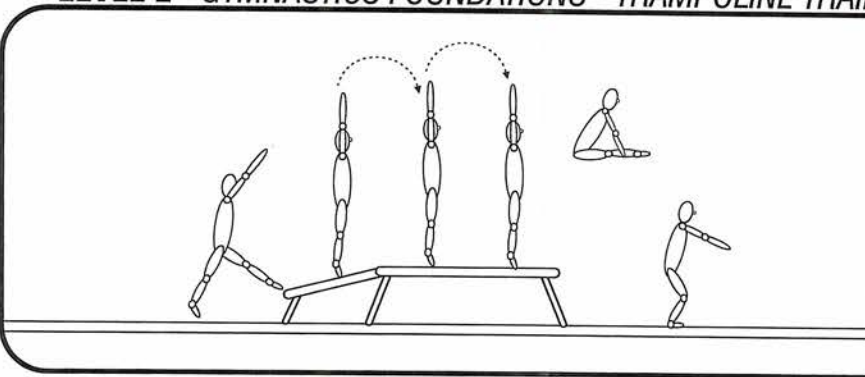
Show 2-3 shape jumps in a row on tramp or stationary on DMT

TEACHING NOTES:

- Eg. use tuck, pike straddle or 1/2 turn in sequence
- try different variations
- ensure participants do not travel

LEVEL 2 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 3



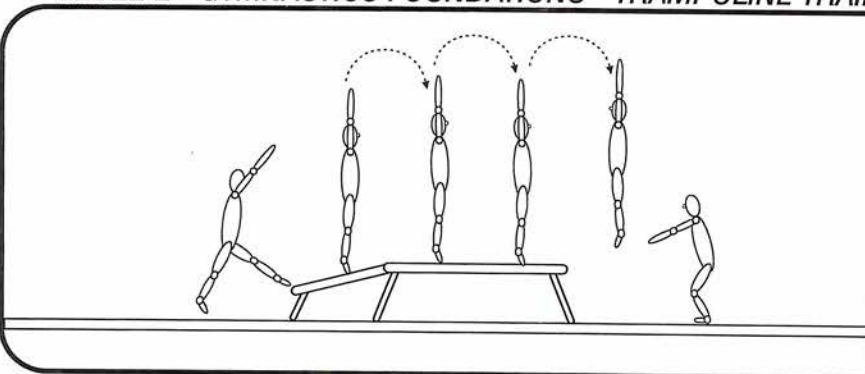
2 straight jumps, 1 pike jump off DMT to a controlled safety landing

TEACHING NOTES:

- must show control on the DMT
- ensure participants can land in the correct spot on the DMT for each jump
- legs do not need to reach full height

LEVEL 2 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 4



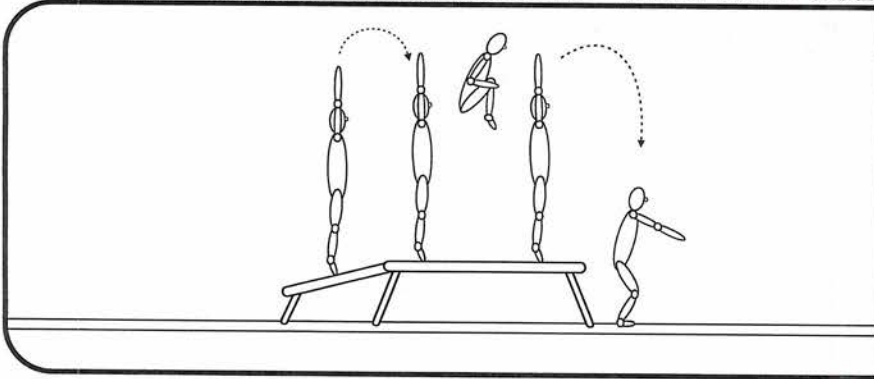
2 straight jumps, 1/2 turn, to controlled safety landing

TEACHING NOTES:

- teach participant to look at the DMT for landing

LEVEL 2 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 5



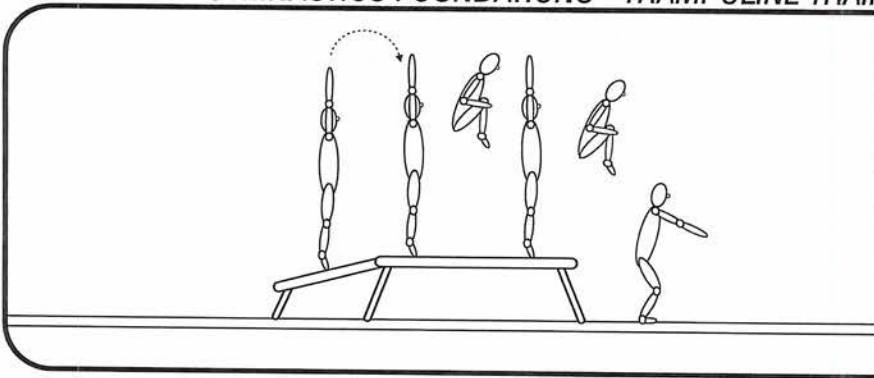
Straight jump, tuck jump, straight jump, controlled safety landing

TEACHING NOTES:

- must show control on the DMT
- ensure participants can land in the correct spot on the DMT for each jump
- emphasize correct technique and body alignment for each skill

LEVEL 2 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 6



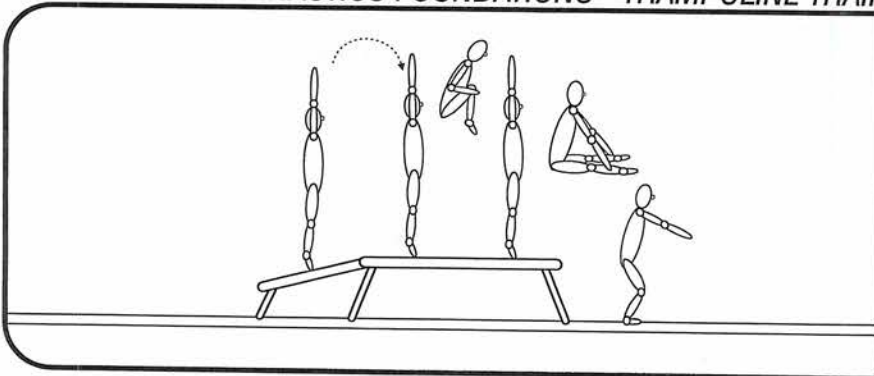
Straight jump, tuck jump, tuck jump, controlled safety landing

TEACHING NOTES:

- must show control on the DMT
- ensure participants can land in the correct spot on the DMT for each jump
- emphasize correct technique and body alignment for each skill

LEVEL 2 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 7



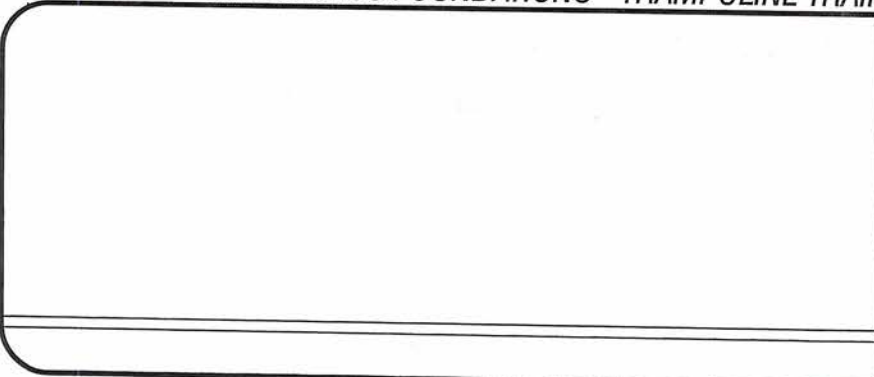
Straight jump, tuck jump, straddle jump, controlled safety landing

TEACHING NOTES:

- must show control on the DMT
- ensure participants can land in the correct spot on the DMT for each jump
- emphasize correct technique and body alignment for each skill

LEVEL 2 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 8



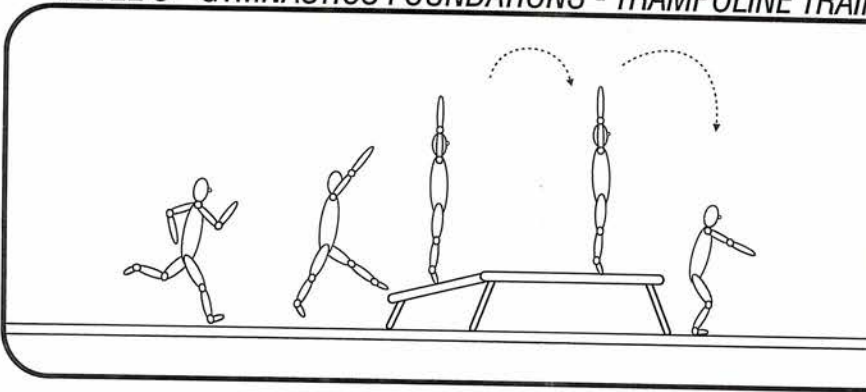
3 optional spotter routines with shape jumps to controlled safety landing

TEACHING NOTES:

- Variations:
- make it a game
 - design cards with skills and participants design their own routine
 - eg. straight jump, pike jump, tuck jump or straight jump, straddle jump, 1/2 turn

LEVEL 3 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 1



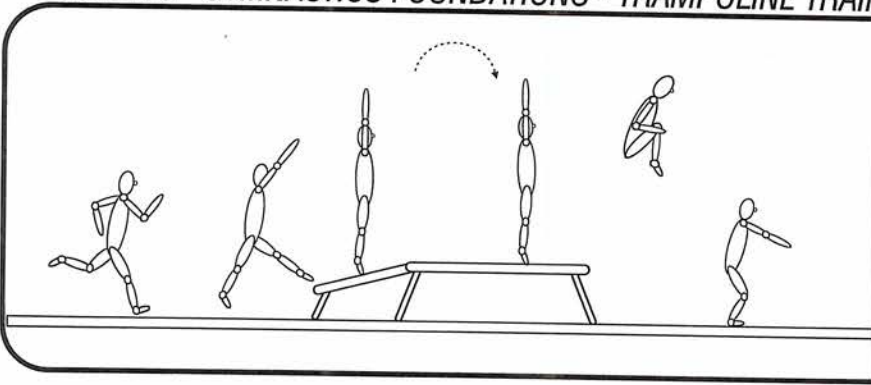
Roller coaster with only 2 bounces on DMT (mouter routine)

TEACHING NOTES:

- ensure participant land in correct spot on DMT

LEVEL 3 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 2



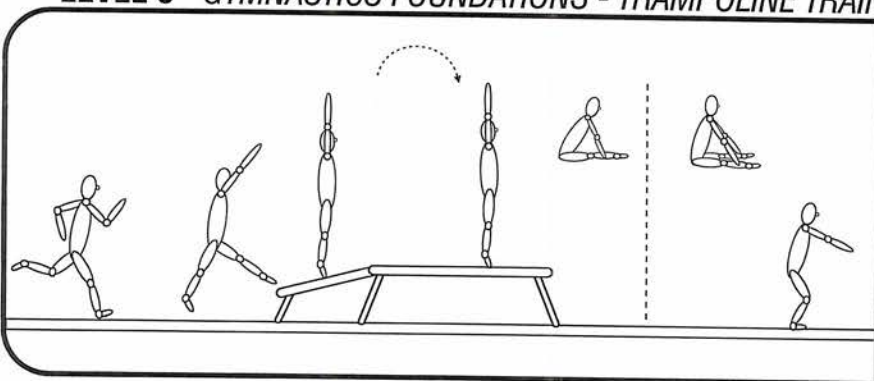
Straight jump, tuck jump controlled safety landing (mouter routine)

TEACHING NOTES:

- ensure participant lands in correct spot on DMT
- knees should reach chest height in tuck jump

LEVEL 3 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 3



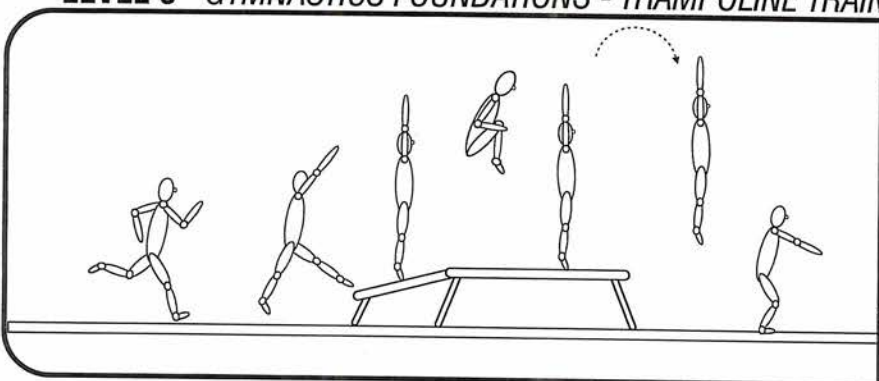
Straight jump, pike/straddle jump, controlled safety landing

TEACHING NOTES:

- ensure participant lands in the correct spot on the DMT

LEVEL 3 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 4



Tuck jump, straight jump to controlled safety landing

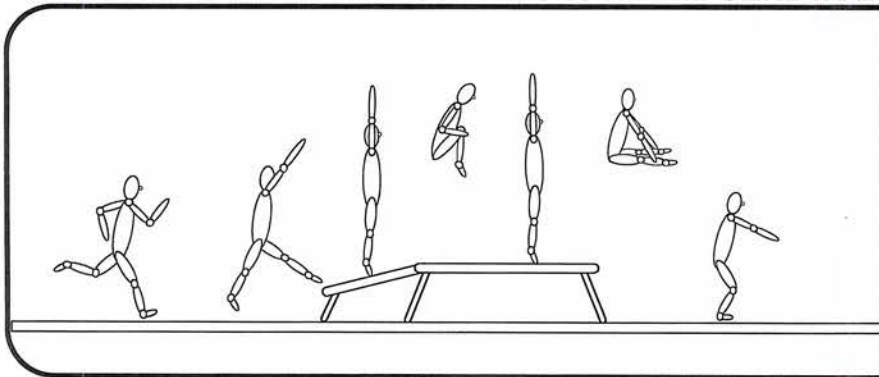
TEACHING NOTES:

- tuck jump must travel over the red zone

DOUBLE MINI

LEVEL 3 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 5



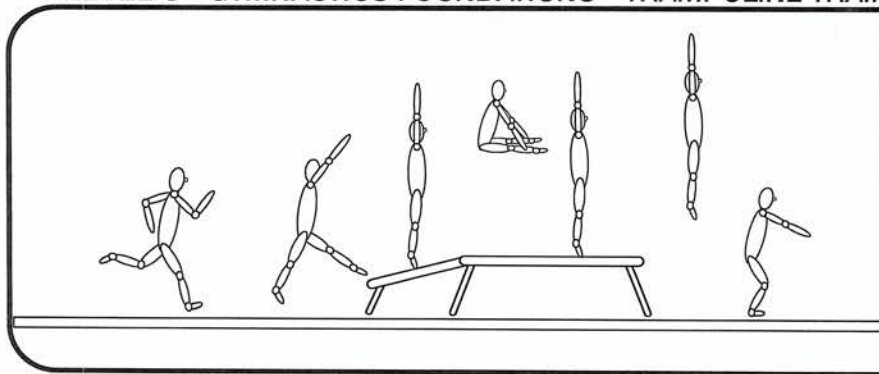
Tuck jump, straddle jump to a controlled safety landing (mounter routine)

TEACHING NOTES:

- ensure participant bounces in the correct spots on the DMT
- shape jumps should be done with legs close to full height

LEVEL 3 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 6



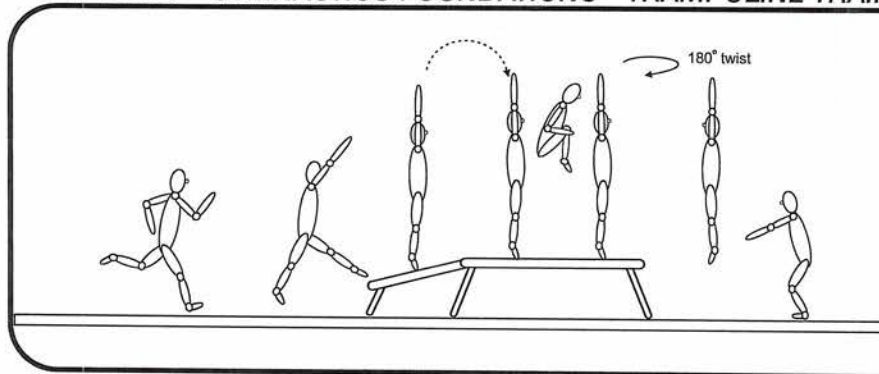
Straddle jump, straight jump to controlled safety landing (mounter routine)

TEACHING NOTES:

- ensure participant bounces in the correct spots on the DMT
- shape jumps should be done with legs close to full height

LEVEL 3 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 7



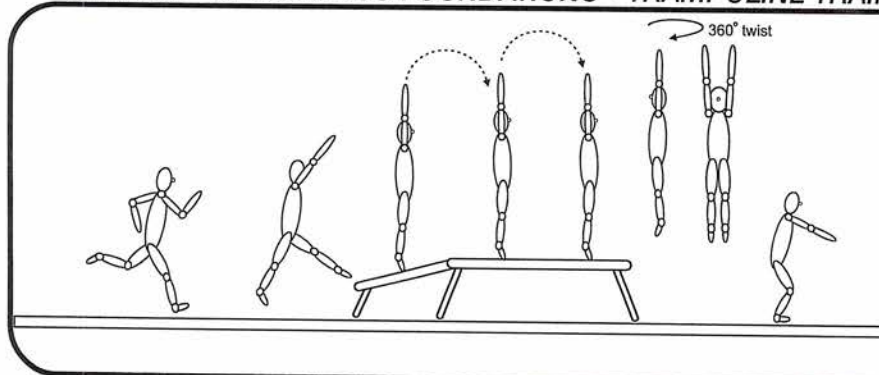
Straight jump, tuck/straddle jump, 1/2 turn to controlled safety landing (spotter routine)

TEACHING NOTES:

- participant needs to look at dmt on landing

LEVEL 3 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 8



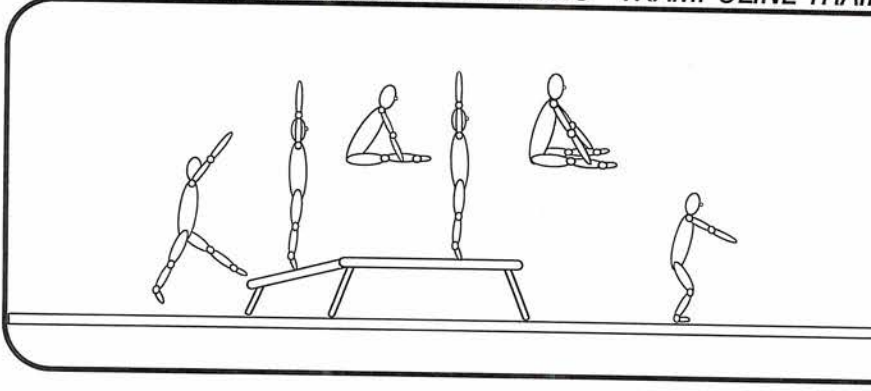
Straight jump, straight jump, 1/1 turn to controlled safety landing

TEACHING NOTES:

- progression - 1/1 turn on trampoline or floor
- focus on looking foward for landing

LEVEL 4 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 1



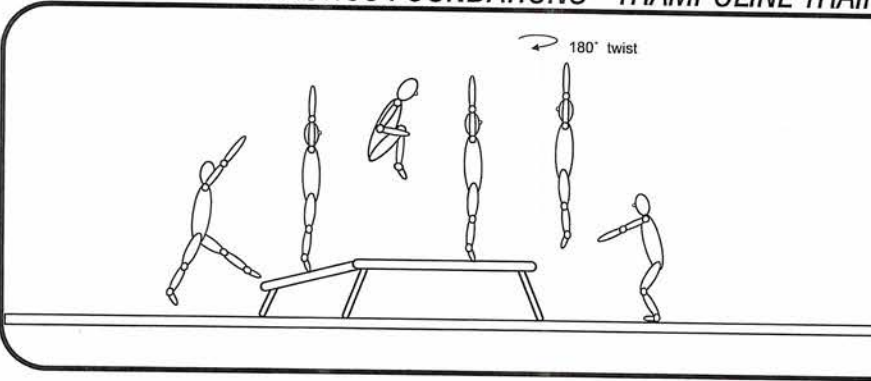
Pike jump, straddle jump, controlled safety landing (mounter routine)

TEACHING NOTES:

- ensure participant bounces in the correct spots on the DMT
- shape jumps should be done with legs close to full height

LEVEL 4 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 2



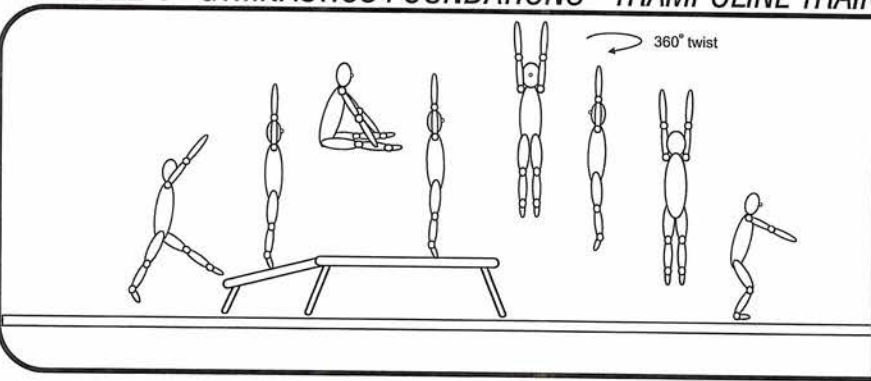
Tuck jump, jump 1/2 turn to controlled safety landing (mounter routine)

TEACHING NOTES:

- ensure participant bounces in the correct spots on the DMT
- shape jumps should be done with legs close to full height

LEVEL 4 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 3



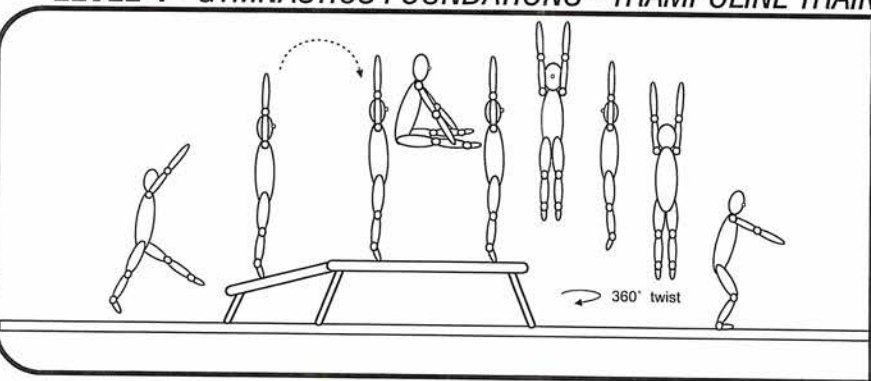
Any shape jump, jump 1/4 turn controlled safety landing (mounter routine)

TEACHING NOTES:

- ensure participant bounces in the correct spots on the DMT
- shape jumps should be done with legs close to full height
- can use apparatus in front of DMT as progression

LEVEL 4 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 4



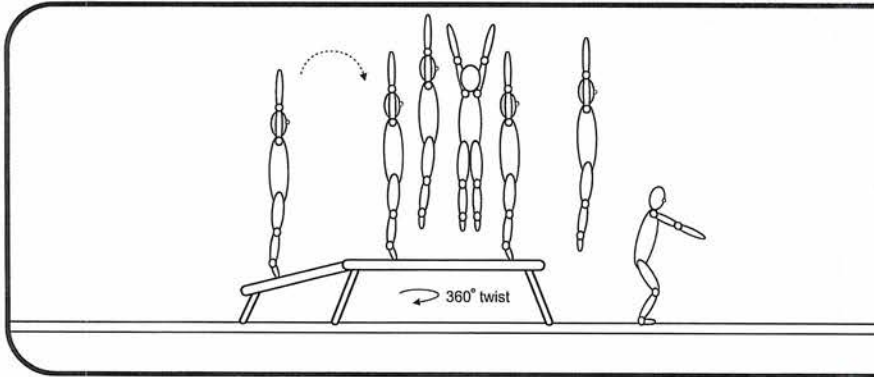
Straight jump, straddle jump, 1/4 turn to controlled safety landing (spotter routine)

TEACHING NOTES:

- must show control on the DMT
- ensure participants can land in the correct spot on the DMT for each jump
- emphasize correct technique and body alignment for each skill

LEVEL 4 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 5



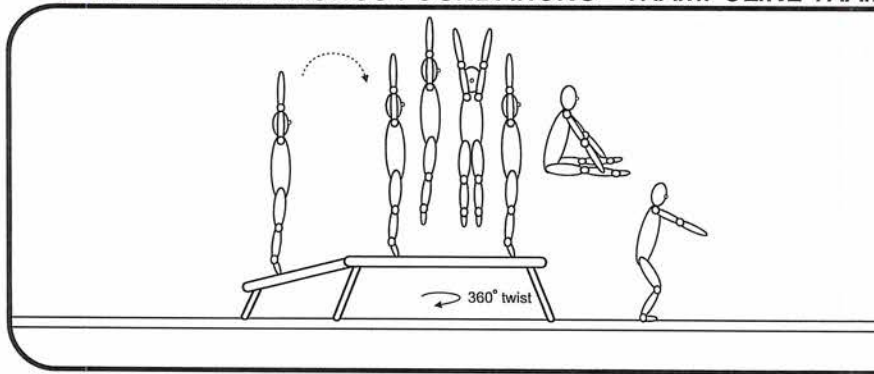
Straight jump, 1/1 turn, straight jump, controlled safety landing

TEACHING NOTES:

- must show control on the DMT
- ensure participants can land in the correct spot on the DMT for each jump
- emphasize correct technique and body alignment for each skill

LEVEL 4 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 6



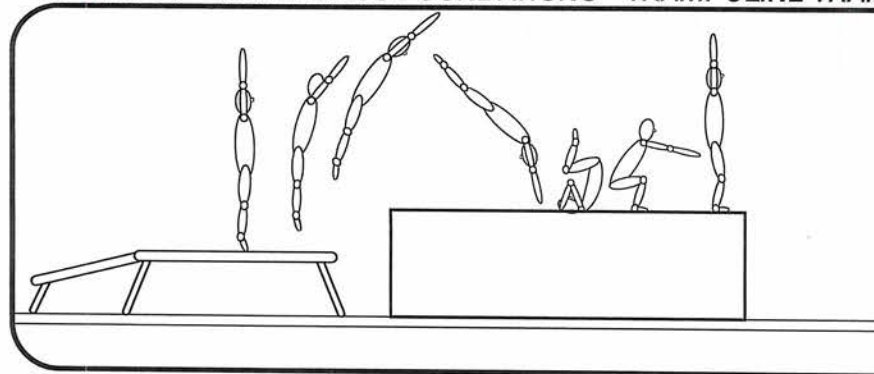
Straight jump, 1/1 turn, straddle jump, controlled safety landing

TEACHING NOTES:

- must show control on the DMT
- ensure participants can land in the correct spot on the DMT for each jump
- emphasize correct technique and body alignment for each skill

LEVEL 4 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 7



Straight jump, straight jump, dive roll onto height off DMT/tramp

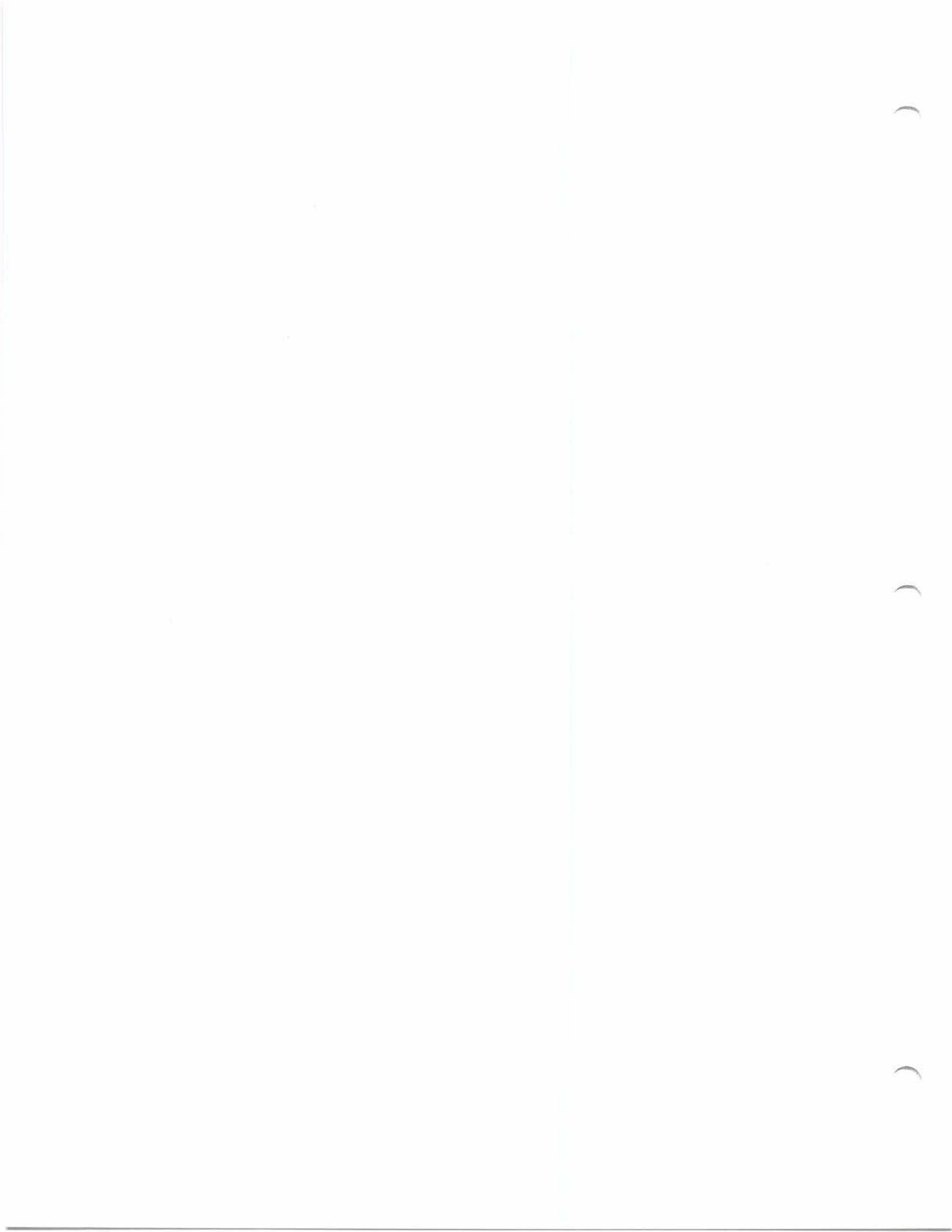
TEACHING NOTES:

- participants should be proficient with this skill on trampoline and/or tumbling before trying it off the DMT
- limit participants to only 2-3 bounces before the skill



PHYSICAL PREPARATION





LEVELS 1 & 2 - GF ARTISTIC TRAINED

SKILL 1

	Wall sit (timed)
	TEACHING NOTES: <ul style="list-style-type: none"> - legs bent at 90° - heels below knees - back flat against wall - no hands on legs
	<ul style="list-style-type: none"> - fill in time on progress report

LEVELS 1 & 2 - GF ARTISTIC TRAINED

SKILL 2

	Hollow/in curve position (timed)
	TEACHING NOTES: <ul style="list-style-type: none"> - on back, knees bent at 90°, feet on floor - head and shoulders lift using abdominal muscles - no grabbing of legs
	<ul style="list-style-type: none"> - fill in time on progress report

LEVELS 1 & 2 - GF ARTISTIC TRAINED

SKILL 3

	Arch/out curve position (timed)
	TEACHING NOTES: <ul style="list-style-type: none"> - lying on stomach, arms at side, with straight legs - participants lift head, chest and legs off ground simultaneously
	<ul style="list-style-type: none"> - fill in time on progress report

LEVELS 1 & 2 - GF ARTISTIC TRAINED

SKILL 4

<p>hands on bar</p>	Pull up hang (timed)
	TEACHING NOTES: <ul style="list-style-type: none"> - hands facing forward on the bar - chin must be held above the bar
	<ul style="list-style-type: none"> - fill in time on progress report

LEVELS 1 & 2 - GF ARTISTIC TRAINED

SKILL 5

	Hang on rope (timed)
	<i>TEACHING NOTES:</i>
	<ul style="list-style-type: none"> - participants can use legs - arms must remain bent with chin at hands
- fill in time on progress report	

LEVELS 1 & 2 - GF ARTISTIC TRAINED

SKILL 6

<p>hands on bar</p>	Tuck hang (timed)
	<i>TEACHING NOTES:</i>
	<ul style="list-style-type: none"> - legs need to be lifted minimum 90° with knees bent at 90° - thighs cannot fall below parallel to the floor
- fill in time on progress report	

LEVELS 1 & 2 - GF ARTISTIC TRAINED

SKILL 7

	10 metre run (timed)
	<i>TEACHING NOTES:</i>
	<ul style="list-style-type: none"> - participant must run 10 metres as quickly as possible - teach proper running technique
- fill in time on progress report	

LEVELS 3 & 4 - GF ARTISTIC TRAINED

SKILL 1

	<p>Wall sit timed (greater than 30 sec)</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - legs bent at 90° - heels below knees - back flat against wall - no hands on legs - fill in time on progress report
	<ul style="list-style-type: none"> - highlight less than or greater than on the progress report

LEVELS 3 & 4 - GF ARTISTIC TRAINED

SKILL 2

	<p>Hollow/incurve position timed (15 sec or more)</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure back stays flat against the floor before asking to extend and lift legs - glutes and abs contracted - head/ shoulders lifted off floor
	<ul style="list-style-type: none"> - highlight less than or greater than on the progress report

LEVELS 3 & 4 - GF ARTISTIC TRAINED

SKILL 3

	<p>Arch/out curve position timed (30 sec or more)</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - lying on stomach, arms by side, with straight legs - participants lift head, chest and legs off ground simultaneously and hold
	<ul style="list-style-type: none"> - highlight less than or greater than on the progress report

LEVELS 3 & 4 - GF ARTISTIC TRAINED

SKILL 4

<p>hands on bar</p>	<p>Pull up hang timed (10 sec or greater)</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - hands facing forward on bar - chin must be held above the bar
	<ul style="list-style-type: none"> - highlight less than or greater than on the progress report

LEVELS 3 & 4 - GF ARTISTIC TRAINED

SKILL 5

	<p>Rope climb</p> <hr/> <p style="text-align: center;"><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - use minimum 8 " mat - encourage participant to use feet and alternate hands - participants must climb down <hr/> <ul style="list-style-type: none"> - highlight/circle 1m/2m/3m/4m on the progress report
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LEVELS 3 & 4 - GF ARTISTIC TRAINED

SKILL 6

	<p>Candle/in curve position (goal - hold with no arms)</p> <hr/> <p style="text-align: center;"><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - lie on back with legs in air - lift hips off the floor - try to extend hips <hr/> <ul style="list-style-type: none"> - highlight/circle with or without support on progress report
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LEVELS 3 & 4 - GF ARTISTIC TRAINED

SKILL 7

<p style="margin-left: 100px;">hands on bar</p>	<p>Tuck hang timed (10 sec or more)</p> <hr/> <p style="text-align: center;"><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - legs need to be lifted 90° with knees bent 90° - thighs cannot fall below 90° <hr/> <ul style="list-style-type: none"> - highlight/circle less than or more than 10 sec. on progress report
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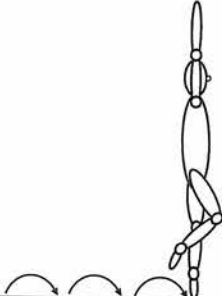
LEVELS 3 & 4 - GF ARTISTIC TRAINED

SKILL 8

<p style="margin-left: 100px;">ensure hands are flat</p>	<p>Push ups on knees (goal of 5)</p> <hr/> <p style="text-align: center;"><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - low ensure participants have tight core - entire body must be lowered simultaneously - chin and chest should almost touch the floor <hr/> <ul style="list-style-type: none"> - highlight/circle less than or more than 5 on progress report
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LEVELS 3 & 4 - GF ARTISTIC TRAINED

SKILL 9

	1 foot hop 10 metres, timed (goal 4 sec on each leg)
	<i>TEACHING NOTES:</i> - be sure to time each foot.
	- highlight/circle more or less than 4 sec on the progress report

