

# BOYS JUNIOR RECREATIONAL SKILL CURRICULUM

## B T Y C G Y M N A S T I C S

NEWCOMER	MAVERICK	RECRUIT	AMATUER
<b>SWINGS</b> Dish and arch hold on the Floor	<b>SWINGS</b> Dish and arch hang	<b>SWINGS</b> Tuck swings	<b>SWINGS</b> Bent knee swings with re-grip
<b>POMMEL</b> Holding each shape	<b>POMMEL</b> Walk around in shapes	<b>POMMEL</b> Jumps around in shapes	<b>POMMEL</b> ¼ circles
<b>HANDSTAND</b> Bunny hop x 3	<b>HANDSTAND</b> Spiderman Handstand	<b>HANDSTAND</b> Scorpion Kick	<b>HANDSTAND</b> L Handstand
<b>BACKWARDS ROLL</b> Candlestick	<b>BACKWARDS ROLL</b> Down wedge to angry cat	<b>BACKWARDS ROLL</b> Down wedge to feet	<b>BACKWARDS ROLL</b> Down mini wedge
<b>FORWARDS ROLL</b> Start in Star on Wedge	<b>FORWARDS ROLL</b> Start feet together on wedge	<b>FORWARDS ROLL</b> Start on floor, down wedge	<b>FORWARDS ROLL</b> Down mini wedge
<b>CARTWHEEL</b> Sideways bunny hops over shape	<b>CARTWHEEL</b> Mini cartwheel over shape	<b>CARTWHEEL</b> Cartwheel to star	<b>CARTWHEEL</b> Cartwheel land in sumo

# BOYS INTERMEDIATE RECREATIONAL SKILL CURRICULUM

B T Y C G Y M N A S T I C S

TRAINEE	ROOKIE	GURU	EXPERT
<b>SWINGS</b> Tension Swings	<b>SWINGS</b> Glide Swings	<b>SWINGS</b> Bat Swings	<b>SWINGS</b> Long Swings
<b>POMMEL</b> Floor 1/4 circle	<b>POMMEL</b> Floor 1/2 Circle	<b>POMMEL</b> ½ circles	<b>POMMEL</b> Full circles
<b>HANDSTAND</b> Kick to Handstand against wall	<b>HANDSTAND</b> Tap Handstand	<b>HANDSTAND</b> Full Handstand	<b>HANDSTAND</b> Handstand flatback
<b>BACKWARDS ROLL</b> Across a shape	<b>BACKWARDS ROLL</b> On floor to tuck	<b>BACKWARDS ROLL</b> On floor to angry cat	<b>BACKWARDS ROLL</b> On floor to front support
<b>FORWARDS ROLL</b> Across a shape	<b>FORWARDS ROLL</b> On floor to stand	<b>FORWARDS ROLL</b> Handstand Forwards roll down wedge	<b>FORWARDS ROLL</b> Handstand Forwards roll down mini wedge
<b>CARTWHEEL</b> Cartwheel step in	<b>CARTWHEEL</b> 2 x Cartwheel	<b>CARTWHEEL</b> Hurdle Cartwheel	<b>CARTWHEEL</b> Hurdle Round-off