

# GIRLS JUNIOR RECREATIONAL SKILL CURRICULUM

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

### NEWCOMER

#### SWINGS

Dish and arch hold on the Floor

#### BEAM

Kneeling Scale on high beam

#### HANDSTAND

Bunny hop x 3

#### BACKWARDS ROLL

Candlestick

#### FORWARDS ROLL

Start in Star on Wedge

#### CARTWHEEL

Sideways bunny hops over shape

### MAVERICK

#### SWINGS

Dish and arch hang

#### BEAM

Passe hold on high beam

#### HANDSTAND

Spiderman Handstand

#### BACKWARDS ROLL

Down wedge to angry cat

#### FORWARDS ROLL

Start feet together on wedge

#### CARTWHEEL

Mini cartwheel over shape

### RECRUIT

#### SWINGS

Tuck swings

#### BEAM

Passe steps on high beam

#### HANDSTAND

Scorpion Kick

#### BACKWARDS ROLL

Down wedge to feet

#### FORWARDS ROLL

Start on floor, down wedge

#### CARTWHEEL

Cartwheel to star

### AMATUER

#### SWINGS

Bent knee swings with re-grip

#### BEAM

Step Kicks on high beam

#### HANDSTAND

L Handstand

#### BACKWARDS ROLL

Down mini wedge

#### FORWARDS ROLL

Down mini wedge

#### CARTWHEEL

Cartwheel land in sumo

# GIRLS 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>BEAM</b> Arabesque on high beam	<b>BEAM</b> Bunny hops on medium beam	<b>BEAM</b> Needle kick on medium beam	<b>BEAM</b> Scorpion kick on medium beam
<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