

# Move-up Requirements

At each level of our program we use many horizontal progressions and drills. These strengthen and better equip students to achieve the following basic skills required to move to the next level.

## 1st through 5th Grade Program

### Level 2 Skill Evaluation Requirements (Mini Flip/Flip)

**Bars:** Pullover at chest height; Jump to sole circle swing w/straight legs; Regrasp swings; Fwd. roll to tuck hang. **Floor:** Cartwheel thru vertical; Handstand to vertical; Bridge kickover off red block; Fwd and bwd roll to feet on floor w/correct technique; Safety fall bwd and fwd shoulder; Back walkover over roller. **Beam:** Lever down & back to lunge; Fwd. roll with pad; Straight leg walks fwd/bwd; Pivot turn; Safety fall. **Vault:** Good hurdle; Squat on and straddle on.

### Level 3 Skill Evaluation Requirements (Aerials)

**Bars:** Pullover above head; 1 Cast back hip circle; 3sec. L hang on low bar; Jump to straddle sole circle dismount; Front support push to knee hold 3 sec.; Single leg cut forward. **Floor:** Straight arm fwd. roll; Handstand straight arm fwd. roll; Straddle up to handstand; Bridge kickover on floor; Bwd roll to pike stand; Cartwheel step together thru vertical; Back handspring to handstand over the roller to prone fall. **Beam:** Bwd. shoulder roll with pad; Lever hop to lunge; Releve walks fwd./bwd. w/straight legs; Round off dismount thru vertical. **Vault:** Jumpy Uppy; Jump to straight arm fwd roll; 3 controlled straight jumps on Double Mini.

### Level 4 Skill Evaluation Requirements (Springers)

**Bars:** Glide swing; 1 chin up; 2 straight leg lifts; Single leg cut back; Stride circle; Under swing dismount; Press to knees and step up or cast squat on. **Floor:** Straddle up to HS straight arm fwd roll; Round off thru vertical; Backlimber kickover or Back walkover; Straight arm bwd roll to front support; Backhandspring (cheese or TT). **Beam:**  $\frac{3}{4}$  handstand to lunge; Cartwheel to handstand dismount;  $\frac{1}{2}$  turn with foot at ankle or knee; Tuck jump. **Vault:** Handstand flat fall; Front handspring to feet (mini to donut); Knee drop handstand on tumble trak; Front tuck off double mini.

# 1st through 5th Grade Boys Program

## Bumblebees to Mini Eagles

Follows directions, stays on task. **Bars:** Pullover at chest height to front support; Forward roll to tuck hang. **Floor:** Reasonable cartwheel attempt; Handstand to vertical; Reasonable bridge; Fwd and bwd roll; Straddle travels. **Rings:** Skin the cat.

## Level 2 Skill Evaluation Requirements (Falcons)

**Bars:** Pullover (shoulder height bar); Regrasp swings; Fwd. roll to chin up tuck. **Floor:** Cartwheel with reasonably straight legs; Good handstand; Bridge kickover off green block; Dive roll over mailbox to cheese; Safety fall bwd and fwd shoulder; **Parallel Bars:** 3 swings to rear dismount (touching bar ok); Front support walks; **Rings:** 8 sec. chin-up tuck hold; Inverted hang; Skin the cat. **Side Horse:** Leg cuts (sitting after cut is ok). **Strength:** 10 good push-ups; 45 sec V-hold; rope climb 1/2 way up with legs. **Trampoline:** Front drop; Basic shapes (tuck, straddle, pike); Seat drop doggie drop to feet.

## Level 3 skill Evaluation Requirements (Hawks)

**Bars:** Chin up pullover; 3 leg lifts (straight legs). **Parallel Bars:** 3 swings to front dismount (feet to bar level). **Side Horse:** legs cuts in support; travel walks along 1 side. **Floor:** Round off (good form); Bridge kick over (red trap); handstand 2 sec. hold/pause in handstand; Dive roll on floor; Handstand straight arm forward roll (1 sec handstand); Back handspring with roller to prone fall. **Rings:** 10 sec. chin-up pike hold; swing to inverted hand (10 sec hold); Skin the cat over and back. **Strength:** 20 good push-ups; 1 min V hold; Rope climb to top with legs. **Trampoline:** Back drop pullover; Jump 1/1 turn; Seat, doggie, front tuck (to squat ok). **Double Mini:** Straight jump, straight jump, front tuck.

# 4 - 6 Year old Program

## Crickets to Bumblebees

Follows directions, stays on task, **Floor:** Fwd.roll on floor to feet; Bwd. roll on small wedge to feet; Teeter hop totter to lunge; Safety fall bwd; St. arm bwd. to bear over roller; Bwd to bear off trap. Good monkey jump **Bars:** Walk up wall pullover to f.support; Front support fwd. roll on high bar; Skin the cat; Turtle hang; Good bell swing. **Beam:** Bearwalk on low beam; Walk on high beam and jump to feet dismount; Releve walk on low beam; Safe mount; Safety fall off beam.

## Bumblebees to Hummingbirds

**Floor:** Cartwheel through vertical; Handstand to vertical; Safety fall bwd; Fwd & bwd roll to feet on floor; Bridge with straight arms and flat feet; Run-hurdle-land; Tuck, Straddle & Pike Jumps. **Bars:** Pullover to F. Support; 5sec. turtle hold; Jump to bell swing; Skin-the-cat on rings; Fwd roll on high bar to tuck hang; 3 sec. pike hold; **Beam:** Safety fall; Releve walks fwd on high beam; Bwd walks on high beam; Pivot turn; Forward roll (low beam). Follows directions and has a good work ethic.