

KIDS KLUB GYMBUS CURRICULUM

BODY POSITIONS

TA-DA
LUNGE
STRADDLE
PIKE
SQUAT
V-SIT
BUTTERFLY
TABLE TOPS

TUMBLING

FORWARD ROLL
BACKWARD ROLL
DIVE FORWARD ROLL
STRADDLE ROLLS (FORWARD & BACKWARD)
HANDSTAND
CARTWHEEL
ROUND OFF
BRIDGE
BACKBEND
KICK OVERS (BRIDGE AND BACKBEND)
HANDSTAND FORWARD ROLL

BARS

GRIPS, HANGS & SWINGS
FRONT SUPPORT
CASTING
FORWARD ROLL DISMOUNT
BACK HIP PULLOVER
STRADDLE SWINGS
BACK HIP CIRCLE
FRONT SUPPORT, CAST TO 45

PARALLEL BARS

FRONT SUPPORT
STRADDLE ON

TRAMPOLINE

STRAIGHT JUMP
STRADDLE JUMP
TUCK JUMP
1/2 TURNS (L & R)
SEAT DROP
SEAT DROP + 1/2 TURN
KNEE DROP
FREEZE
KNEES TO HANDSTAND

VAULT

JUMPING 2 FEET
RUN, JUMP 2 FEET, TA-DA
KNEES ON
SQUAT ON
STRADDLE ON
STRAIGHT BODY DISMOUNT
TUCK JUMP DISMOUNT
STRADDLE JUMP DISMOUNT

BALANCE BEAM

FORWARD WALKING
SIDEWAYS WALKING
BACKWARD WALKING
CHASSE
L KICKS
KNEE SCALE
BUNNY HOPS
DIP STEPS
V-SIT
MOUNTS
DISMOUNTS

LOCOMOTOR SKILLS

JUMP
HOP

SKIP
GALLOP

MARCHING
CHASSE