

PRESCHOOL 1

SYLLABUS



FLOOR SKILLS

TIGHT WALKING
LOG ROLL
DISH BENT KNEES
ARCH BENT KNEES
STRAIGHT SHAPE
TUCK SHAPE
STAR SHAPE
STRADDLE SHAPE
PIKE SHAPE
LANDING SHAPE
BUNNY JUMP

VAULT SKILLS

RUN
CHANGE DIRECTIONS

OTHER SKILLS

RUN AND PLACE BEAN BAG IN HOOP
RUN ON SPOT 30S
THROW BEAN BAG INTO HOOP

BAR SKILLS

STRAIGHT HANG
TUCK HANG

BEAM SKILLS

TIGHT WALK ALONG BENCH
WALK ALONG BEAM - FORWARDS

PRESCHOOL 2

SYLLABUS



FLOOR SKILLS

KICKS
FRONT SUPPORT
BACK SUPPORT
STRAIGHT JUMP
TUCK JUMP
STAR JUMP
TUCK ROCKS
FORWARDS ROLL DOWN INCLINE
TUCK HANDSTAND USING LARGE APPARATUS
CARTWHEEL WITH BLOCK
ONE LEG BALANCE

VAULT SKILLS

HURDLE STEP
STRAIGHT JUMP WITH BOARD
SQUAT ON TO BLOCK LOWER THAN HIP HEIGHT
STRADDLE ON BLOCK LOWER THAN HIP HEIGHT

BEAM SKILLS

WALK ALONG BEAM - SIDEWAYS
WALK ALONG BEAM - BACKWARDS
STRAIGHT JUMP DISMOUNT - LOW BEAM
STRAIGHT JUMP ON BENCH

BAR SKILLS

FRONT SUPPORT ON BAR
FRONT SUPPORT HOLD (FLOOR BAR)
CHIN UP HOLD
STRADDLE HANG

OTHER SKILLS

CATCH A SMALL OBJECT
COPY THE LEADER

PRESCHOOL 3

SYLLABUS



FLOOR SKILLS

HALF TURN JUMP
TUCK V SIT
JAPANA
PIKE FOLD
SKIP
SIDE SKIP
CHASSE
FORWARDS ROLL
BACKWARDS ROLL DOWN INCLINE
CARTWHEEL WITH SPOTS
INCLINED HANDSTAND

VAULT SKILLS

SQUAT ON
STRADDLE ON
STRAIGHT JUMP ONTO BLOCK

BEAM SKILLS

TIGHT WALK ALONG BEAM
KICKS ALONG BEAM
STRAIGHT JUMP ON BEAM
STRAIGHT JUMP DISMOUNT - HIGH BEAM
SINGLE LEG BALANCE

BAR SKILLS

MONKEY BARS
PIKE HANG
LEG LIFT
CIRCLE UP

OTHER SKILLS

HOP SCOTCH
THROW AND CATCH SMALL OBJECT