

Bridge Ups Skill Chart

Vault:

Bounce on Springboard
Straight Jump onto block
Hands on to Squat on + Straddle on
Jump off to stick
Bars:
Support Hold
3 Casts
Chin Hang on Rings for 3 sec
Monkey Walks (High)

Beam:

Forward + Sideward Walks
Backward w/ Assistance
Coupe' + Passe' Walks
Hops w/ Feet together
Jump off to Stick Finish

Floor:

Front + Back roll down cheese
Cartwheel over mat
Donkey Kick
Bridge Up w/o head
Passe' + Arabesque

Bridge Up Class Overview:

Brief Description: Beginner preschool gymnastics class for boys and girls ages 4 and 5 years old

Class length: 1 Hour class. 15 minute warm up with 3 x 15 minute rotations

Rotations: 4-week rotation

- FS, VS, T (Floor Stations, Vault Stations, Tramp)
- FL, BS, UB (Floor Lines, Beam Stations, Uneven Bars)
- FS, VL, TT (Floor Stations, Vault Lines, Tumble Track)
- FL, BL, UB (Floor Lines, Beam Lines, Uneven Bars)

Expectations for students to learn/accomplish:

- Basic motor movements
- Beginning gymnastics skills
- Listening skills and cooperation
- Social Skills
- Comfortable on different apparatus (Bars, Beams, Vault, Floor and Tramp) and the gym itself
- Learn gym safety rules.

Helpful Information:

The average child will not show much skill progression until around 5 years old. This does not mean that we should not work skills, but our main focus should be on coordination, strength and muscle memory.

Bridge Up Skill Training:

Key:

- **Skill: (Require to know for this class)**
 - o Brief Description
 - o Safety Concerns
 - o Skills that need to be mastered before worked
 - o How the skill should be done
 - o How to spot skills:
 - What to look for when teaching skills:

Vault:

Key Goal: Our key goal for vault at this level is for students to learn their basic foundational skills. Jumping w/ 2 feet is key to learning anything on the vault and if they cannot do this they will not go very far.

Bad habits: Kids jumping from the table back down onto the springboard after their turn is a bad habit that needs to be stopped at first notice. This is a safety hazard, not only are they taking longer for the next person to go, they could injure themselves going out of control and landing poorly.

- Bounce on Springboard

- **Brief Description:** Learning how to contact the board. This is not focused on the run but contacting and bouncing on/off the springboard.
- **How it should be done:** When they jump with their feet together, they will get power to bounce off the springboard.
- **How to Spot Skill:** No spot necessary, this will just take repetition and explanation
 - Kids, especially young kids will have a hard time figuring out how to jump with both feet at the same time. Practicing jumping on trampolines, tumbletracks or drills can help with this.

- Straight Jump onto Block

- **Brief Description:** A straight jump just as you would onto a table but onto a large Blue Block
- **Safety Concerns:** The biggest concern here is when they land on a block that is not secured down well, it is easy to lose balance or control and fall. Likely to fall backwards and land on their arms
- **How it should be done:** Run jump with their feet together, stretch up with a straight body all the way onto the mat without using their hands
- **How to Spot Skill:** Standing there to catch them if they lose balance and fall forwards or backwards

- Jump Stick

- **Brief Description:** Landing, freezing and showing their finish. This can be done in many different motions.
 - Tuck Sticks
 - Straddle Stick
 - Pike Stick
 - Split Stick
 - ½ Turn Stick
 - Full Turn Stick
- **Safety Concerns:** Any motion with a forward or twisting motion has risk of falling. They should know how to fall correctly and know to never reach out with arms extended.
- **How it should be done:** We are looking for landing with their feet within shoulder distance apart. Feet cannot move and hands do not touch until they can show control (usually about 2 to 3 seconds) They should land with their arms out in front in a landing position
- **How to Spot Skill:** Standing next to them to catch if they lose control
 - When they start twisting a good majority will have difficulty staying upright and landing on their feet

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- **Squat on**
 - **Brief Description:** Going from springboard to hands, jumping to a squat position, stand up.
 - **Tuck Squat on** (Feet between hands)
 - **Straddle Squat on** (Feet apart on outside of hands)
 - **Pike Squat on** (Feet between hands with straight legs)
 - **Safety Concerns:** If they do not make it up to the table they could fall backwards. They could also have too much power and go over the table forwards. In both scenarios, they are likely to fall reaching for their arms, risking injury
 - **Skills to be mastered first:** Jump w/ 2 feet
 - **How it should be done:** From the springboard or ground they should jump immediately reaching for the table or box, pushing from their hands to their feet, then standing to their feet.
 - **How to Spot Skill:** Grab their hips as they reach for the table, make sure they do not fall backward onto springboard or ground
 - Landing hands and feet at the same time landing like a frog
 - Putting their knees on the table
 - Falling backward back onto the springboard or ground
- **Jump Roll on Cheese**
 - **Brief Description:** Jumping and rolling with hands on the mat
 - **Safety Concerns:** If they are heavy, we must be very careful that they do a roll before trying this skill. They must be able to do it on the ground first before attempting. If you have a student that cannot do this, have them jump up on top, freeze then roll over.
 - **Skills to be mastered first:** They must be able to do a forward roll on flat ground
 - **How it should be done:** They should jump with feet together placing hands directly on the mat in front of them. As their feet leave the springboard, they should pull their hips over their head causing them the roll
 - **How to Spot Skill:** Grab their hips to help them relieve pressure. If they are having trouble than you can wrap 1 arm underneath their stomach/hips while pushing down on their upper back/head to help guide them over, being careful not to hurt their necks.
 - Not rolling, falling forwards into their arms or necks

Bars:

Key Goal: Bars is about strength and straight body form. If they have a good hollow they will do well on bars. Our main goal is to teach strength drills and repetition to strengthen them to the ability to do the skills we teach. Supports and Casts go a long way when done correctly.

Main Skill Focus: Support Holds

Bad Habits: At this level your biggest concern is that they let go of the bar when upside or falling forwards from support. Hands need to be on the student at all times while they are going upside down until consistent.

- **Support**
 - **Brief Description:** Holding themselves up on the bar slightly above waist height. This can be done on any of the apparatus: Bars, Beam, Rings, P-bars, Pommel Horse ect...

- **Safety Concerns:** Falling forward over bar reaching for ground and injuring arms.
- **How it should be done:** They should be able to jump up to straight “Strong arms”. Pushing through their shoulders, not allowing them to sag down. If done correctly they should not even have their stomachs on the bar.
- **How to Spot Skill:** Pushing them upward to help them straighten arms and hollow their bodies
 - Sagging their shoulders and resting on the bar w/ their stomachs should be corrected
- **Chin Hang**
 - **Brief Description:** Hanging in a chin up position
 - Rings
 - Bars
 - **Safety Concerns:** No concerns if they are on height appropriate rings or bars
 - **How to Spot Skill:** Hold them from their lower back or shoulders to help them into the position
- **Cast**
 - **Brief Description:** Swinging their legs forward and backward with their stomachs coming off the bar
 - **3 Casts w/ tummy off bar:** Swinging legs backward with their stomach coming off the bar
 - **Straight Body Cast:** Casting w/ straight body, arms, and legs. They should be pushed up in their shoulders and look like they are holding a pushup position (body position, not height)
 - **Cast to Horizontal:** Casting with their feet as high as their shoulders. They should look like going to a pushup position in height and body form
 - **Safety Concerns:** Should not be a concern if they have a good support
 - **Skills to be mastered first:** Support hold
 - **How it should be done:** From straight support, they will lean forward over the bar, folding slightly into a pike to swing their legs back pushing into a hollow as their stomachs leave the bar. Make sure that they lean forward enough to not just drop off the bar.
 - **How to Spot Skill:** 1 hand on shoulder/arm holding them up/pushing them forward, 1 hand on legs near knees lifting legs off bar.
 - Bending arms
 - Pushing away instead of coming back to bar
- **Skin the Cat/German Hang***
 - **Brief Description:** Hanging below the bar, lifting feet placing them between their hands lowering down pointing feet at the floor.
 - **From Stand:** Doing a skin the cat from a height where their feet can touch the ground
 - **From Hang:** Doing from a height where their feet cannot touch
 - **Safety Concerns: Head, Arms.** If they don’t let go they can hurt arms by yanking them through shoulders. If they let go too early the fall on their heads
 - **Skills to be mastered first:** They need to be able to hang on the bar
 - **How it should be done:** Hanging from the bar they will pull their feet through the middle of their hands down to the ground.
 - **How to Spot Skill:** Hands in front and behind back or wrist and back helping them to get feet to the bar. Once their feet go through you have to switch quickly to help them down without hurting their shoulders or allowing them to fall on their head
 - Not getting both feet between hands causing them to let go of 1 hand
 - Letting go too early
 - Holding on too late

- **Monkey Walk**

- **Brief Description:** From a hang they will walk their hands from one end of the bar to the other.
 - **Sideways**
 - **Forwards**
 - **Backwards**
 - **Hopping**
- **Safety Concerns:** Dropping too far and falling on arms
- **How it should be done:** While hanging from the bar they will walk their hands across from one side to the other
- **How to Spot Skill:** Holding their hips relieving weight so that they can move their hands is the best way to spot.
 - Watch their hands to determine when they are likely to fall. Catch them if they are too high

Beam:

Key Goal: Walk consistently. When they are able to walk consistently, they will progress at their skills at a much higher rate.

Main Focus: Comfort Walking on the beams. Most 4 and 5 year olds will be scared to walk on the medium beams. Remember a beam seems much larger for a small child and we need to think about what it would be like walking on a beam around our head height for the first time.

Bad Habits:

- To do shimmy steps instead of taking big steps one at a time.
- Grab other kids to catch themselves when falling.

- **Mount**

- **Brief Description:** How they get on the beam. Kick leg over beam to straddle support, stand up with feet behind them.
- **How it should be done:** Pushing up to front support, they should swing one leg over the beam to straddling the beam. They should then swing both feet together behind them to a squat stand, then stand up
- **How to Spot Skill:** Help them to a support, guide leg over beam and help them keep their feet together as they move to a squat stand.

- **Forward Walk**

- **Brief Description:** Walking forward w/ straight legs and arms out to the side
- **Safety Concerns:** Depending on the height of the beam their main safety concern would be hurting an ankle upon landing
- **How it should be done:** They should walk across the beam one foot in front of the other. Their back should be straight and arms straight out to the side.
- **How to Perfect Skill:** Legs/ knees should remain locked for the entire time they are walking. They should not bend their knees while switching legs. Back should have correct posture.
- **How to Spot Skill:** Help them with their posture and keeping the arms up

- Bending knees as they step forward
- Scooting forward instead of one foot in front of the other
- **Sideway Walk**
 - **Brief Description:** Walking sideways without crossing feet.
 - **Safety Concerns:** There shouldn't be concerns if they are ready to be on the height of beam they choose
 - **How it should be done:** They should stand completely sideways, stepping open and close with their arms and backs straight.
 - **How to Spot Skill:** Straightening them and making sure that they are sideways
 - Being off centered
 - Doing a cross step
- **Backward Walk**
 - **Brief Description:** Walking backward bringing front foot to the back every step.
 - **Safety Concerns:** Missing a foot
 - **Skills to be mastered first:** Forward Walk
 - **How it should be done:** Standing up straight and arms out they should walk backward making sure that their front foot moves to the back every step. They should point their toe as the step backward so that they can feel for the beam before placing pressure on it
 - **How to Spot Skill:** Helping them make sure that their front foot moves to the back, helping them balance
 - Scooting backward instead of switching feet.
- **Coupe'**
 - **Brief Description:** Walking forward while dragging their back foot while pointed beside their support leg.
 - **Skills to be mastered first:** Forward Walk
 - **How it should be done:** A Coupe' ("Coo-Pay") Walk is where they walk forward while moving through the coupe' position. Coupe' is where they bend one knee, pointing their back foot straight down beside their ankle.
 - **Perfected:** They should pick up their back foot, pointing it, sliding it beside their other ankle pausing in the coupe' position momentarily
 - **How to Spot Skill:** Hold them still while positioning their foot in a point, helping them slide it beside their other foot
 - Pointing toes and not whole foot
 - One doing coupe' with one foot and not alternating
 - Doing passe'
- **Passe'**
 - **Brief Description:** Sliding their back foot while pointed to their ankle (like a coupe') then pulling their pointed foot up their support leg to their knee.
 - **Skills to be mastered first:** Forward Walk
 - **How it should be done:** Like a Coupe' but they will slide their pointed foot up to their knee. As their foot comes off the beam, they should point their foot sliding it up to their knee, showing position momentarily then sliding back down and placing foot in front to repeat with their other foot.
 - **How to Spot Skill:** Same as coupe' help them balance as you position their legs/feet
 - Not getting their foot to their knee

- Not alternating feet

- **Bunny Hop**
 - **Brief Description:** W/ feet together they will hop forward and freeze, continuing across the beam.
 - **Bunny Hop:** Hop and freeze forwards across the beam without letting feet separate
 - **Hop on 1 foot:** Same as above but with only one foot
 - **Bounce on toes:** bouncing forwards across the beam without stopping, they should be on their toes, not flat.
 - **Safety Concerns:** Missing a foot and falling on beam or ground
 - **Skills to be mastered first:** Forward Walk
 - **How it should be done:** Feet remain together while they jump forward and freeze. Unlike on the ground when they continue to bounce. Hands can be on hips or up tall
 - **How to Spot Skill:** Holding their hips
 - Separating feet while they jump
 - Bouncing w/o freeze
 - Turning sideways

- **Scoop Steps**
 - **Brief Description:** Walking forward while bending their support leg to slide their other leg along the beam as they walk.
 - **Safety Concerns:** Falling off beam
 - **Skills to be mastered first:** Forward Walks
 - **How it should be done:** As they walk forward, they will put one foot beside the other, sliding their foot beside the beam. As they slide their foot, they will bend their support leg going through a scoop motion.
 - **How to Spot Skill:** Help them balance. You can place their arm over your shoulders to help them balance while you use both hands to move their legs where they need to go.
 - Not bending support leg
 - Bending scooping leg
 - Bending chest forward as they scoop. Their chest and back should remain straight as they scoop

- **Arabesque**
 - **Brief Description:** With their chest as high as possible, lift their back leg to a 45 degree angle, and balance.
 - **Safety Concerns:** Losing balance
 - **Skills to be mastered first:** Walking and mounting
 - **How it should be done:** Standing up straight and tall and arms out to the side. They should lift one leg slightly behind them pointing their foot behind them, without dropping their chest.
 - **How to Spot Skill:** Hold their chest up straight and helping them into correct body form
 - Bending forward while lifting leg, mixing up with a scale. Their chest should be up tall and not move or bending their leg

Floor/Tumbling:

Key Goal: To master foundational skills. Handstands, Cartwheels and Back Rolls

Bad Habits: Just rushing through skills instead of taking time and focusing on the skills

- Forward Roll

- **Brief Description:** Rolling over and back up w/ feet together and not using hands to stand up
 - **Forward Tuck:** Rolling through a tuck motion
 - **Forward Straddle:** Starting in a straddle stand, they will roll forward. When they start to roll up, their arms will go in front between their legs, pushing them up without bending their legs
 - **Forward Pike** Roll forwards with locked legs, as they roll, they will press the ground beside their legs trying to stand without bending their legs
 - **Handstand Forward Roll** Showing their handstand momentarily they will roll down
- **Safety Concerns:** Their neck is our primary concern during a roll. Especially if they are bigger, they can put too much pressure on their neck causing pain or possibly an injury.
- **Skills to be mastered first:** This basic skill should be worked from the beginning. It will help to work candlesticks as well.
- **How it should be done:** They start on their feet and try to put their hands flat directly in front of their feet, their head should touch the ground while trying to look at their belly button and push over with their feet
- **How to Spot Skill:** Put one hand on their stomach while your other hand is on their back/neck helping them get their head to the ground and over.
 - They will tend to reach too far in front making it difficult to get over.
 - They will try to use their hands to stand up, their hands should be up beside their head.

- Backward Roll

- **Brief Description:** Starting on their feet they will sit back and roll over to their feet
 - **Backward Tuck** Rolling backwards in a tuck position
 - **Backward Straddle** Rolling backwards with locked legs in a straddle position. Hands will go behind them by their bottoms as they sit back to help them control the fall, then quickly pulling them up by their ears
 - **Backward Pike** Locked legs back roll to pike stand
 - **To Pushup:** Rolling over without bending legs and finishing in a pushup position
 - **Straight Arm Roll:** Rolling over with fingers together and arms locked. No arm bend allowed.
 - **Back Extension Roll:** A Straight arm back roll to handstand
- **Safety Concerns:** Their neck is our primary concern during a roll. Especially if they are bigger, they can put too much pressure on their neck causing pain or possibly an injury
- **Skills to be mastered first:** They should have a basic ability to roll before going over their neck. They should go down a incline mat and make sure that they can use their hands correctly.
- **How it should be done:** They should start in a sitting pike position with their hand by their ears turned up like they are holding a pizza. You can call this “pizza hands” to give them a visual clue.

They should lean forwards, then roll backwards lifting their feet over their head their hands by their ears in “pizza hands” position. As they roll over, they should push on their hands while pulling the feet to the ground.

- **How to Spot Skill:** Spot them by their hips. As they roll backward you will grab their hips just as their feet go over their head, pulling them over and relieving pressure on their neck. You can also spot this by putting one hand on their stomach and as they roll backward pressing upward on their hips from the underside and pulling with the other hand from the back, helping them to their feet.
 - They will not lift their feet while rolling back, so they will not make it over their head.
 - They will reach behind themselves while they sit making them unable to use their hands beside their head while they roll

- **Donkey Kick**

- **Brief Description:** Starting w/ hands on the ground they will jump to a handstand w/o letting their feet separate
- **Safety Concerns: Arms and back** are the primary safety concern as they could hurt their arms by jumping before they get their hands flat or fall over bending in an uncomfortable fashion
- **Skills to be mastered first:** This is a basic skill and should be worked from the beginning
- **How it should be done:** They should always start with hands flat on the ground before jumping in a donkey kick whether on flat ground or any apparatus. Once hands are flat, they should lean forward and jump, pulling hips over their shoulders up toward a handstand. Their feet do not come apart during any part of the skill
- **How to Spot Skill:** You should spot this by standing in front of them holding their hips. As they jump, lift up slightly and keep them from falling them forward.
 - Jumping before their hands touch the ground causing hurt arms or backs. Especially dangerous if on trampolines, this can cause broken arms very easily
 - Ducking their heads down and falling forwards

- **Cartwheel**

- **Brief Description:** Kicking through a sideward handstand with feet apart, back over to feet
 - **Cartwheel over mat**
 - **Cartwheel**
 - **1 Hand Cartwheel (Far hand, Close Hand)**
 - **Elbow Cartwheel**
 - **Aerial**
- **Safety Concerns:** Cartwheels are usually not a safety concern if done on flat ground away from apparatus
- **Skills to be mastered first:** This is a basic skill that they should be working from day 1
- **How it should be done:** They should start like a handstand with their arms straight up beside their heads. They should lean forward through a lunge, make a ¼ turn through a sideway straddle handstand, making another ¼ turn back down through a lunge into finish. Their feet should not come to a close throughout skill, or switch feet upon landing.
- **How to Spot Skill:** Usually the best way to spot a cartwheel is to stand behind them and grab their hips and as they go to put their hands on the ground. Help their feet move from start to finish. This is difficult to spot. They should start with a cartwheel mat or a panel mat for them to be able to visualize what their feet need to go over.
 - Starting with 1 arm up and 1 arm behind them. They need to have both arms up
 - Feet coming together upside down or upon landing, or switching feet and landing on the foot that they start with

- **Bridge Up w/o head**
 - o **Brief Description:** Bridge up off ground without their head touching the ground.
 - o **Safety Concerns: Neck and Back.** If they are bigger you have to watch that they do not put too much weight on their necks. Over spotting can cause pain in both back and neck
 - o **Skills to be mastered first:** This is a basic skill that should be worked every week. If they cannot do this skill you should incorporate it into your floor stations
 - o **How it should be done:** They should lay down flat, bring knees up w/ feet flat. Bring elbows up and hands flat beside head. They need to push through their feet and hands simultaneously. Feet should stay flat.
 - o **How to Spot Skill:** To spot this you need to make sure that their hands and feet are correct, then grab under their backs or shoulders to lift them up. If they need extra help you can grab under their shoulders with your hands while simultaneously pushing their hands flat with your thumbs on their arms. Be careful that you do not lift them to hard causing too much pressure on their back.

Trampoline/Tumble Track:

- **Stretch Jumps**
 - o **Brief Description:** Jumping up and down showing control and freezing
 - o **Safety Concerns:** Any skill on the trampoline if not controlled can be dangerous.
 - o **How it should be done:** On the trampoline, they should always stay in the middle. They should practice jumping and stretching as tall as possible, showing control, and freezing before getting off the trampoline
 - o **How to Spot Skill:** We do not spot this skill but always need to be watching and aware if the student is in control or going out of control
 - Jumping outside the center
- **Tuck Jump, Straddle Jump, Full Turn***
 - o **Brief Description:** Going through tuck, straddle, and full turn without breaks in between
 - o **Safety Concerns:** Losing control and falling on their arm. This is a broken bone hazard on trampoline.
 - o **Skills to be mastered first:** Stretch jumps
 - o **How it should be done:** Connecting a tuck jump, straddle jump and full turn without extra bounces in between.
 - Adding extra bounces in between skills
 - Falling on arms during full turn
- **Seat Drop***
 - o **Brief Description:** Jumping to bottom with hands by side facing forward and returning to feet.
 - o **Safety Concerns:** If their arms are turned backward or behind them they can jar or break them
 - o **Skills to be mastered first:** Stretch Jump
 - o **How it should be done:** Jump to a pike sit on the trampoline with hands facing forward beside their bottoms, bouncing back to their feet
 - Landing feet first instead of flat on their bottom causing them to fall back and not bounce back up
 - Turning arms backwards causing hurt arms

- **Doggy Drop***
 - **Brief Description:** Jumping to hands and knees and bouncing back up to feet.
 - **Safety Concerns:** Landing on their knees first, then going forward onto their hands. This can cause them to lose control and flip over. Also, make sure their back is not loose.
 - **Skills to be mastered first:** Seat drop
 - **How it should be done:** Jump to hands and knees with a flat back, bouncing back to their feet
 - Landing knees first instead of hands and knees at the same time causing them to fall forward and not bounce back up

- **Seat Drop to Doggy Drop***
 - **Brief Description:** Jumping to bottom with hands by side facing forward, bouncing to hands and knees, and bouncing back up to feet.
 - **Safety Concerns:** Uncontrolled bouncing
 - **Skills to be mastered first:** Seat drop, Doggy Drop
 - **How it should be done:** Jump to a pike sit on the trampoline with hands facing forward beside their bottom, bounce to hands and knees with a flat back, bouncing back to their feet
 - Landing feet first instead of flat on their bottom causing them to fall back and not bounce back up
 - Turning arms backwards causing hurt arms
 - Landing knees first instead of hands and knees at the same time causing them to fall forward and not bounce back up

-