

GIRLS MINI CHAMPS

Preschool Class for ages 3-5, designed to promote physical, social and cognitive development. Curriculum focuses on age-appropriate gymnastics activities that foster balance, coordination, core strength, motor planning, bilateral awareness and flexibility.

STRENGTH/FLEXIBILITY

SHAPES

Push Up Position
Hollow Position
Arch Position
Tuck Sit
Pike Sit
Straddle Sit

VAULT

Straight Jump on Board to Mat
Hands on Straddle on Trapezoid
Jump Up to Panel Mat, Jump Off Stick
Bounce, Bounce Forward Roll
5 Donkey Kicks

BEAM

Jump to Support Hold 5 Seconds
Forward Walks
Sideways Walks
Tuck Stand, Stand Up
Bear Crawl
Hops Across Beam
Forward Kicks

BARS

Tuck Hand/Swing 5 seconds
Front Support Hold 5 seconds
3 Leg Swings (casts)
Spotted Roll Through (Skin the Cat)
Chin Hold 5 seconds
Monkey Walks

FLOOR

Lever to T
Cartwheel over Panel
Forward Roll Down Cheese
Backward Roll Down Cheese
Handstand Against Cheese,
Hold 5 seconds
Straight Jump
Bridge
Forward Kicks



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