

BOYS 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.

POMMEL HORSE

Feet on Mushroom 3 push ups
Panel mat walk up/down 10
Walk around Mushroom
R/L 3 in a row
Front/Back support feet on
Mushroom 5sec
Slider walk 10 feet

RINGS

Mickey hold 5sec
Tucked "L" hold 5sec
3 swings
FX 5 Arch Rockers good form
C1/C2 5 in a row

P-BARS

Hold 10sec support
Spotted 3 support swings
Tucked "L" hold 5sec
3 support swings between
dismount stick no spot

STRENGTH

Spotted pull ups 3 in a row
HS on the wall 10sec
5 Push ups good form
Hollow hold 5sec
Arch hold 5sec
"L" hold 3 sec on FX
5 burpees non stop
10 Box jump stick
Air squats 5 in a row
Spotted leg lifts 3 in a row

VAULT

Lunge
Lunge jump to 2 feet
Springboard jumps 10 in a row
Foot on and off panel mat
(run dynamics) 10sec
Spring 3 lengths of vault runway
Jump on box from board,
jump off stick

HIGH BAR

Hang 10sec hold
1 pull up spotted
5 spotted casts horizontal
J hold 3sec
Toes to bar 3sec

FLOOR

R/L lunge hold 5sec
Tripod hold 5sec
Tripod roll unassisted
Log roll R/L
Candlestick roll stand
Back drop on 8 incher