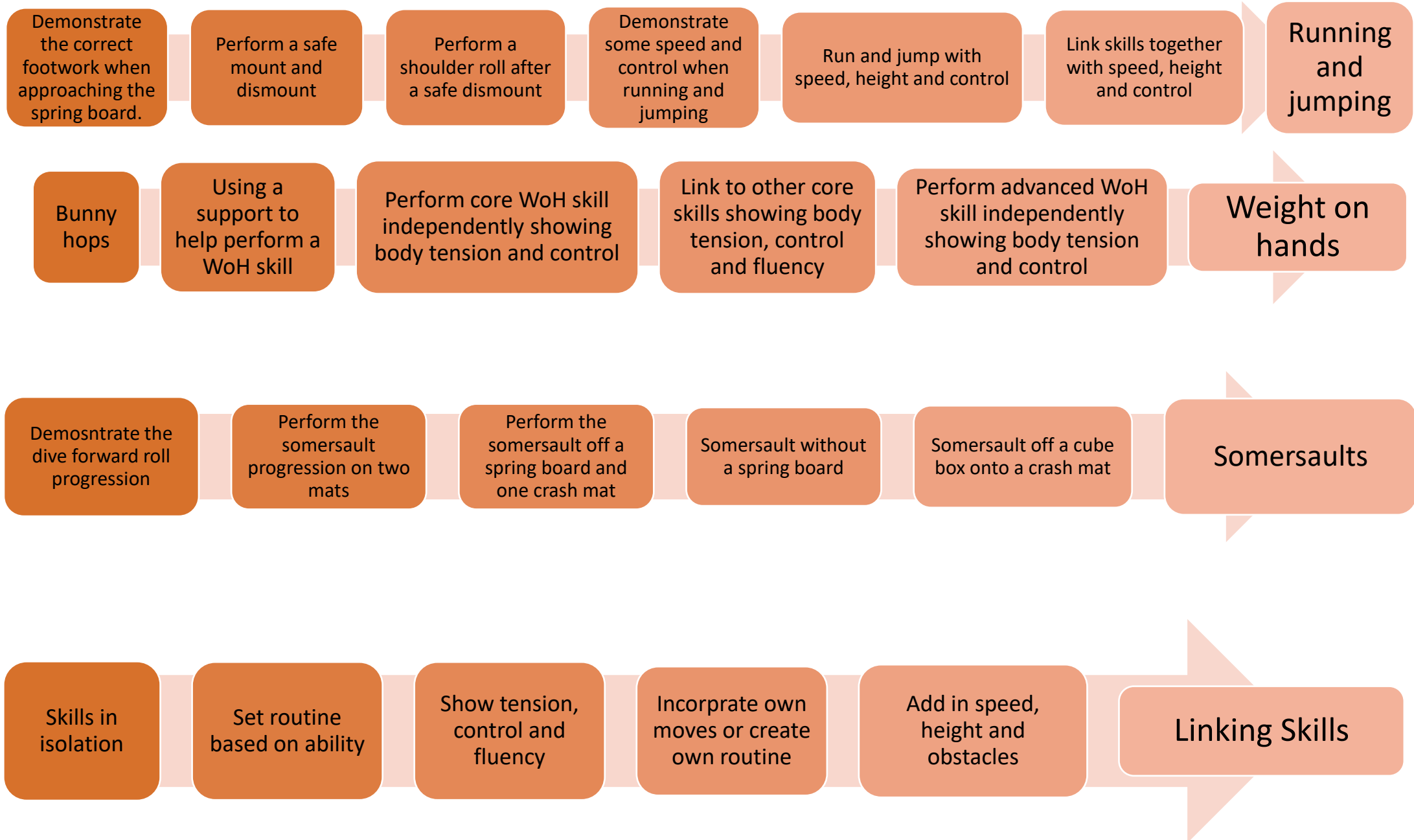


Freestyle Gymnastics

Progressions to develop the procedural knowledge (how/what to perform) and declarative knowledge (knowing how/what to do).



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<p><u>Running and jumping</u></p> <ul style="list-style-type: none"> - What is a safety vault? - How do land for a safety vault? - What is a precision jump? - Which part of our foot lands for a precision jump? - How do we place our foot and knee before a shoulder roll? - What position do we place our hands in for the shoulder roll? 	<p><u>Weight on hands/vaulting</u></p> <ul style="list-style-type: none"> - Which part of our body contacts the box first for a speed vault? - Where do we place our legs for a speed vault? - Which parts of our body touch the box for a barrel vault? - Where on the box do we place our hands for a Dash vault? - Which part of our body hits the box at the end of a Dash vault? - Where do we place our hands for a Kong vault? - How wide do we spread our hand placement on the box? 	<p><u>Advanced Skill</u></p> <ul style="list-style-type: none"> - Which part of our foot pushes off the wall for a Tic Tac? - If our right foot pushes off the wall, which hand reaches for the box? - When performing a step barrel roll, which side of the box should we place our right foot? - In what position do we place our hands for a Wall Spin? - How do our hands change position for a Wall Spin? - What shape do we keep our legs and feet to speed up the Wall Spin? - Which part of our feet land on the box for a 180 Wall Spin progression?
<p><u>Somersaults</u></p> <ul style="list-style-type: none"> - What shape should we take during flight for a dive forward roll? - What position do we place our hands in and why? - Which direction do we want to travel for a somersault, why? - Which direction do we move our arms for a somersault? - How do we position our knees and why? - What position do we keep our head and why? 	<p><u>Linking skills together</u></p> <ul style="list-style-type: none"> - What is a safety vault? - What is a precision jump? - What are the 4 types of WOH vault? - What are the advanced skills? - How do you perform a somersault/ dive forward roll? 	<p><u>Key terminology</u></p> <ul style="list-style-type: none"> - Precision - Safety - Shoulder - Control - Fluency - Speed dash - Barrel - Kong - Tic Tac - Wall spin, wall run - Somersault - Routine

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