

EXA Sports Recreational Gymnastics Curriculum: Little Gymnasts 2-3

In this class, the student focuses on the key concepts of good learning habits, positive self-esteem, and social skills while learning basic gymnastics skills.

Children are placed in our little gymnasts classes based on age and we conduct level testing about every 8 weeks however, we believe every child learns at their own pace. If at any time you feel your child needs to be challenged more, please talk with your coach to perform a level testing to see if your child is ready for the next age group.

Class Timeline

Dynamic Warm Up & Stretch 15 min

Events/Skills/Obstacle Course - 2 events/class, 10 min each

Vault	Bars		
Run	Straight Hang	Beam	Floor
Straight jump stick	Tuck Hang	Walking Fwd, side	Levers
Stick it dismount	Front support	Balance	Forward roll
		Hop	Candle sticks
			Jump

Tumbl Trak /organized games – 10 min

Jumping
Stopping
Safety
Control



Other values they will learn

Core values:	Terminology:	Strength & Mobility:	Flexibility & body positions:
Sharing	Pike	Body control	Straddle
Taking Turns	Straddle	Body awareness	Pike
Patience	Tuck	Balance	Right & left splits
Memorization	Lever	Agility	Middle splits
Following directions		Core	
Independence			

New skills learned in level little gymnasts ages 3-5

Vault	Bars	Beam	Floor
Straight jump stick	Straddle hang	Bunny Hops	Cartwheel hops
Stick it dismount			Donkey kicks
Tuck dismount			

*Please note that most skills take several months to master so most basic skills are repeated at every level.