

Gymnastics related Standards

Kindergarten		
Tumbling	Stability	Traveling Actions
1.9 Perform a continuous log roll.	1.4 Create shapes at high, medium, and low levels by using hands, arms, torso, feet, and legs in a variety of combinations. 1.5 Create shapes by using non-locomotor movements. 1.6 Balance on one, two, three, four, and five body parts. 1.7 Balance while walking forward and sideways on a narrow, elevated surface.	1.1 Travel within a large group, without bumping into others or falling, while using locomotor skills. 1.3 Demonstrate contrasts between slow and fast speeds while using locomotor skills.
First Grade		
Tumbling	Stability	Traveling Actions
1.7 Roll smoothly in a forward direction, without stopping or hesitating, emphasizing a rounded form	1.6 Balance oneself, demonstrating momentary stillness, in symmetrical and asymmetrical shapes using body parts other than both feet as a base of support.	1.4 Change direction from forward and back and right and left in response to tempos, rhythms, and signals while walking, running, hopping, and jumping (i.e., locomotor skills). 1.8 Land on both feet after taking off on one foot and on both feet.
Second Grade		
Tumbling	Stability	Traveling Actions
1.4 Create a routine that includes two types of body rolls (e.g., log roll, egg roll, shoulder roll, forward roll) and a stationary balance position after each roll.	1.3 Demonstrate balance on the ground and on objects, using bases of support other than both feet. 2.3 Explain the importance of a wide rather than a narrow base of support in balance activities.	1.2 Transfer weight from feet to hands and from hands to feet, landing with control. 1.5 Jump for distance, landing on both feet and bending the hips, knees, and ankles to reduce the impact force. 1.6 Skip and leap, using proper form. 1.17 Demonstrate a smooth transition between even-beat locomotor skills and uneven-beat locomotor skills in response to music or an external beat.

Third Grade		
Tumbling	Stability	Traveling Actions
1.3 Perform a forward roll. 1.4 Perform a straddle roll.	1.2 Perform an inverted balance (tripod) by evenly distributing weight on body parts.	
Fourth Grade		
Tumbling	Stability	Traveling Actions
	1.1 Perform simple balance stunts with a partner while sharing a common base of support.	2.10 Design a routine to music that includes even and uneven locomotor patterns.
Fifth Grade		
Tumbling	Stability	Traveling Actions
	1.1 Perform simple small-group balance stunts by distributing weight and base of support.	1.2 Jump for height, using proper take-off and landing form.
Sixth Grade		
1.11 Design and perform smooth, flowing sequences of stunts, tumbling, and rhythmic patterns that combine traveling, rolling, balancing, and transferring weight.		
Eighth Grade		
1.5 Demonstrate fundamental gymnastic/tumbling skills.		
High School Course Two		
1.1 Combine and apply movement patterns, from simple to complex, in combative, gymnastic/tumbling, and team activities. 1.2 Demonstrate proficient movement skills in combative, gymnastic/tumbling, and team activities. 1.3 Explain the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed that enhance performance levels in combative, gymnastic/tumbling, and team activities and apply those components in performance.		