



PRISM Skill Development Program

Program Overview and Sample

The skill development program is divided into seven different levels:
Rainbow, Red, Orange, Yellow, Green, Blue, and Violet.

Within each of these levels, the skills are divided into specific elements for body and apparatus:

Body Elements: Locomotion, Arms, Balances, Jumps and Leaps, Pivots and Flexion.

Apparatus: Ball, Rope, Ribbon, Scarves and Hoop.

Gymnasts can earn one of seven pins by completing a set number of skills within a colour level. Each colour level has between 22 to 43 skills.

PRISM PROGRAM OVERVIEW

LEVELS	Total # Skills	# of skills completed to earn a pin	Approximate Level
Rainbow	23	21	Introductory
Red	42	38	Beginner
Orange	43	39	Beginner
Yellow	44	40	Intermediate
Green	42	38	Intermediate
Blue	37	33	Advanced
Violet	39	35	Advanced

The gymnast must complete 90% of the skills to successfully earn their PRISM pin. It is expected and recommended that a gymnast could successfully complete one level in a 10-12 week recreational program (one hour per week).

Materials can be purchased through the Rhythmic Gymnastics Alberta office. Please refer to the order form for prices or contact the RGA office for additional information.

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Sample Program Skill - Rainbow Level

Detailed information is provided in the resource manual for each level as to the skills and standards required. For example in the Rainbow Level the following is skills are taught and evaluated.

BODY ELEMENT & APPARATUS	SKILL	TEACHING POINTS
LOCOMOTION	Run and pose	Run in safe open spaces with music – when music stops the gymnasts stop and pose (any pose accepted).
	Basic Walk to Music	Walk in time to the music using gym space safely.
	Gallop	Gallop in time to the music using open spaces.
ARMS	Frontal Arm Swings	Swing arms side to side in frontal plane
	Side Arm Swings	Swing arms forward and back at the sides of the body either alternating or together
	Valentine Hands	Sitting or standing, hands press together with fingertips pointing upwards. Hands peel apart starting at heel of hand to fingertips. Hands create a heart shape in the air.
BALANCES	L-sit	Sit on bottom with legs extended straight out in front. Back is straight and arms extend out to the side.
	Rise on Toes	Rise up on toes with legs together and try to maintain balance. Lower to flat foot and maintain balance.
JUMPS and LEAPS	Hopping	Hop like a rabbit in an open space. Try jumping on two feet and one foot
	Jump Open and Jump Closed	With hands on hips, legs jump open to 2 nd position and jump closed to first position.
FLEXIONS	Butterfly Sit	Sit on floor with bottoms of feet touching each other. Knees try to flatten close to the floor. Back stays straight and tall. Hands may grip ankles.
	Cat Exercise	On hands and knees, back hunches up with head tucked in, and then back arches with head lifting up. Use slow and smooth motion.
	Pretty Sit	Practice sitting pretty with legs crossed, shoulders down and slightly back, and head held high. Hands and arms rest lightly on knees.
BALL	Frontal Circle with 2 hands	Holding ball in two hands, arms circle in the frontal plane.
	L-sit Roll on Legs	In L-sit, ball rolls up and down legs with help from hands.
	Roll to a Partner	Sitting in straddle or kneeling, roll the ball to a partner showing control.
ROPE	Jumping Over Rope on the floor	Place rope in a straight line on the floor. Jump over the rope forward and back and then side to side.
	Snake on the Ground	While travelling backwards, snake the rope on the ground.
RIBBON	Improvisational Routine	Move to a piece of music. Let the music tell the gymnast how to move their ribbon and their bodies.
	Circle on the Floor	Draw a circle on the ground with the ribbon.
SCARVES (2 small)	Throw and Catch Scarves	Discover and explore different ways to throw and catch scarves.
HOOP	Jump In and Out of Hoop	With hoop on the floor, jump in and out. Try forwards and backwards and side to side.
	Roll Hoop	Roll hoop into an open space in the gym.