



## PRISM



### RGA Skill Development Program

The PRISM program is designed to encourage recreational gymnasts to stay in the sport to pursue higher levels of skill in rhythmic gymnastics. The program accomplishes this as it:

- Shares an emphasis between participation and fun with Basic Skills and Body Technique.
- Provides coaches with a sequence of skills to plan their classes with,
- Ensures that the gymnast participates in a program that develops their basic rhythmic skills in proper progression,
- Recognizes the gymnast for their accomplishments,
- Provides a structure for the gymnast to set goals for higher skill development.

### PRISM Program Overview:

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. 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).

### Additional Resources Planned

Following extensive research and development the following revisions are planned for the PRISM Program:

- Inclusion of a Bronze, Silver and Gold level
- Revision to Video A and B
- Suggested routines, designed specifically for each level.



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### **RGA Skill Development Program Materials**

**The PRISM Basic Program Set includes the following:**

- PRISM Manual
- Video A and B (no combined into one video)
- Set of seven pins:  
(Rainbow, Red, Orange, Yellow, Blue, Green, and Violet)
- Sample of the Ribbon Pin Keeper
- Sample of the mini Participation Certificate

**The PRISM Manual is to be used with the PRISM video. The Manual contains:**

- Skills for each colour level
- Glossary and pictorial glossary of common Rhythmic Gymnastics terms
- A summary of all the skills for the program
- Skill checklists for each level, to track your gymnasts' progress
- Blackline Masters for the Progress Report in each level
- Games suggestions divided by apparatus
- Blackline Master for the Attendance Sheet
- Information for purchasing pins, pin keepers and mini participation certificates.

**The PRISM Video contains all the skills in the program from Rainbow to Violet.**

**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.**

**Rhythmic Gymnastics Alberta  
11759 Groat Road  
Edmonton, Alberta T5M 3K6**

[arsgf@compusmart.ab.ca](mailto:arsgf@compusmart.ab.ca)

Phone: (780) 427-8152 Fax: (780) 427-8153