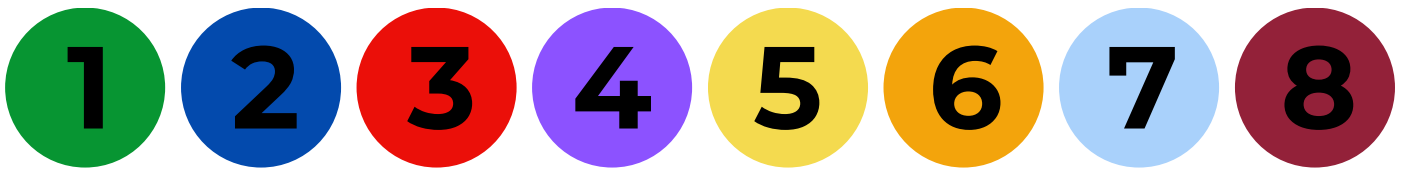




Gymnastics For All

SKILLS LEVELS



LEVEL 1



Name:		Class:	
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Apparatus	Skill	Date Completed
Vault	Run in Hoops	
	Tuck jump off box and Land	
	Run up slope and jump off	
Bars	Hang on high bar for 10 seconds	
	Pike hold balancing foam 5 seconds	
Beam	Bent leg one leg balance to hold for 5 seconds	
	Bunny hops, side to side over floor beam	
	Jump off high beam to land on feet safely	
Floor	Rocking in a ball x5	
	Headstand against wall with bent knees for 5 seconds	
	Step into lunge and kick towards handstand	
	Cartwheel on hands and feet mat	
Rings	Hang and drop to land, hold for 3 seconds	
Pbar	Hang inbetween bars for 5 seconds	
Pommel	Front, side and back support with feet on pannel mat to hold for 3 seconds	
Conditioning	Dish hold for 5 seconds	
	Arch hold for 5 seconds	
Trampoline	5x Straight jumps with control staying on cross	

Date passed:		Coach	
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LEVEL 2



Name:		Class:	
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Apparatus	Skill	Date Completed
Vault	Bunny hops the length of the floor	
	Hop Scotch	
	Balance on one leg on box, jump onto springboard and off	
Bars	Monkey walks sideways	
	Hanging ½ turn	
Beam	Walk along high beam tip toes forwards	
	Climb onto high beam with no assistance	
	Straight leg one leg balance on high beam for 5 secs	
Floor	Rock in a ball to stand with beanbag between knees	
	Pike handstand feet on top of box	
	Cartwheel down slope	
	Backward roll down slope to land on feet	
Rings	Hanging tuck hold for 5 seconds	
Pbar	Crawl on hands and feet from one end to the next	
Pommel	Turn from front support to back support	
Conditioning	Sit ups x5 with partner holding feet	
	Arch lifts x5 good body tension	
	Bridge shape with head off floor	
Trampoline	3x straight jumps, 3x tuck jumps, 3x star jumps, stop.	

Date passed:		Coach	
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LEVEL 3



Name:		Class:	
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Apparatus	Skill	Date Completed
Vault	Hands on panel mat in front support, squat on to stand	
	Jump over foam	
	Run along bench, jump onto springboard and off to land	
Bars	5 second candle stick hold	
	Monkey walks, one hand leading	
Beam	Leg kicks along middle beam, straight legs	
	Arabesque hold for 3 seconds	
	Tuck jump on floor beam to land	
Floor	Forward roll with straight arms to stand	
	Headstand on floor with bent legs for 5 seconds	
	Cartwheel side to side on floor	
Rings	Inverted tuck hang	
Pbar	Walk along under pbars from one end to the other	
Pommel	Front and back support on floor beam	
Conditioning	Skipping with rope for 20 seconds	
	Rope hold in tuck shape for 10 seconds	
	Split shape with hips facing forward hold for 10 sec each leg	
Trampoline	Seat drop to land on feet	
	Bouncing on hands and knees	

Date passed:		Coach	
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LEVEL 4



Name:		Class:	
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Apparatus	Skill	Date Completed
Vault	Hands on panel mat in front support, straddle on and stand	
	Run, jump onto springboard and land on mat (correct feet on board)	
	20 seconds of skipping with rope	
Bars	Forward circle down to hang (controlled)	
	Cast away to land on box	
Beam	Straddle across beam, lift to hold bum for 5 seconds	
	Walk along middle beam backwards, alternating feet	
	Half turn on two feet on toes	
Floor	Forward roll to straddle stand	
	Handstand against wall for 5 seconds (chest to wall, only feet touching)	
	Cartwheel back to front	
	Backward roll to stand	
Rings	Inverted straight hang	
Pbar	Front support with feet on pbars to hold for 5 seconds	
Pommel	Tuck hold on handles for 5 seconds	
Conditioning	Tuck leg lifts x5, hold for 5 seconds	
	1/2 rope climb	
	Japana fold with knees up	
Trampoline	Bounce on knees, to belly and back to knees	
	Seat drop , 1/2 turn seat drop	

Date passed:		Coach	
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LEVEL 5



Name:		Class:	
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Apparatus	Skill	Date Completed
Vault	Run, jump onto springboard and land on Blue box	
	5x heel lift bounces from trampette with hands on vault	
	Run, squat on 2x vaulting sections, tuck jump off	
Bars	Run up slope, circle up	
	Squat on floor bar, jump off	
Beam	Tuck jump off beam to land for 3 seconds	
	Jump to front support, swing leg over to straddle, squat to stand	
	Half spin on floor beam	
Floor	Handstand (hands on floor) roll down springboard to stand	
	One handed cartwheel	
	Bridge kick over with feet on box	
	Dive roll into resi-pit	
Rings	Chin Hold for 5 seconds	
Pbar	Back support with feet on pbars and hold for 5 seconds	
Pommel	Hands on floor pommel, jump feet round in circle back to front support	
Conditioning	Full rope climb	
	10x Kneeling press ups	
	Bridge with straight arms and legs	
Trampoline	Swivel Hips	
	Jump to land on back, on mat on centre of trampoline	

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LEVEL 6



Name:		Class:	
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Apparatus	Skill	Date Completed
Vault	Hands on panel mat in front support, squat through to sit on panel mat	
	Run, straddle on 2x vaulting sections, star jump off	
	Leap frog with straight legs (over 3 consecutive people)	
Bars	Kip swing to land back on board (to kick over block)	
	3x casts, back to bar (hips must leave the bar, tight body shape)	
Beam	Backwards walking along high beam, feel for the end, turn & jump off	
	Squat onto middle beam, stand up	
	Kick to L handstand hold on red beam	
Floor	Headstand with straight legs to hold for 5 seconds	
	Round off from panel mat to land on floor	
	Handstand bridge with feet to land on mat	
	Backflip over roller	
Rings	German Hang	
Pbar	Jump from small box inbetween bars to support hold	
Pommel	Front support slider walk to the end of the floor and back	
Conditioning	Straddle hold on rope for 5 seconds	
	10x burpees in less than one minute	
	Straddle swim through	
Trampoline	1/1 turn jump	
	Front drop	

Date passed:		Coach	
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LEVEL 2



Name:		Class:	
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Apparatus	Skill	Date Completed
Vault	Straddle over softbox	
	Underarm swing into handstand, fall to back on mat	
Bars	Staddle on floor bar, fall back to land on bum on a mat	
	3x leg lifts, hand on bar, back on slope (toes to bar)	
Beam	Straight jump on high beam	
	Kick to handstand on Floor beam and hold for 3 with support	
Floor	Headstand, push to handstand against a wall	
	Handstand forward roll to stand	
	Hurdle step round off, straight jump	
	Handspring over roller	
Rings	5x swings	
Pbar	Tuck support hold for 5 seconds	
Pommel	Hands on handles, front support, tuck through to back support	
Conditioning	10x dish rocks, turn to arch, 10x arch rocks	
	Plank hold for 1 minute	
	Left or right splits flat to the floor	
Trampoline	Swivel hips	
	Back drop to stand	

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LEVEL 8



Name:		Class:	
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Apparatus	Skill	Date Completed
Vault	Squat through	
	Handstand hop off springboard to lay flat on mat	
Bars	Fish swings	
	Jump from floor to circle up to front support (on low bar)	
Beam	Catleap on middle beam	
	Squat on high beam to stand	
	Kick to handstand on middle beam	
Floor	Pike L handstand, one foot against the wall for 10 seconds	
	Round off jump back onto pile of mats	
	Handstand bridge, kick over	
	Handspring to land in resi-pit	
Rings	Support on rings for 5 seconds	
Pbar	Walking along pbars in support	
Pommel	Pike hold on handles for 5 seconds	
Conditioning	3x Chin ups	
	10x handstand shoulder taps against wall	
	Wall sit hold for 1 minute	
Trampoline	Back drop half turn to feet	
	Back drop over head to land on feet	

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BRONZE



Name:		Class:	
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Apparatus	Skill	Date Completed
Vault	Handstand flat back on pile of mats	
	Handspring off the vaulting horse to land on feet onto a mat	
Bars	Cast, squat on and jump off low bar	
	5x swings with re-grasp	
Beam	Forward roll or cartwheel on red beam	
	Round off high beam	
	Kick to handstand on high beam	
Floor	Handstand hold for 3 seconds	
	Tiktok on block	
	Assisted back handspring down slope	
	Dive cartwheel	
Rings	3 swings to inverted hang, hold for 3 seconds	
Pbar	Jump to front support, Pike hold for 3 seconds, Jump down to land	
Pommel	Full circle on mushroom using bucket	
Conditioning	Straddle hold on paralettes for 10 seconds	
	5x Leg lifts on wall bars with toes to touch the top bar	
	5x tuck up to handstand jumps	
Trampoline	Front drop to back drop	
	Sequence of 10 skills with no extra bounces	

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Name:		Class:	
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Apparatus	Skill	Date Completed
Vault	Handspring over horse	
	Round off straight jump using sweet spot to land on block	
Bars	Back hip circle	
	Straddle undershoot off low bar	
Beam	Forward roll or cartwheel on middle beam (can use beam wrap)	
	Pike sit hold with straight legs for 5 seconds	
	Handspring off beam	
Floor	Forward/backward walkover	
	Handstand 1/2 pirouette	
	Back handspring	
	Front tuck to mat from spring board	
Rings	Skin the cat	
Pbar	3x Swings in support above the bar	
Pommel	Leg in, leg out on both sides	
Conditioning	10x pike v sits	
	10x press ups	
	Box splits with chest on the floor	
Trampoline	Back drop, half turn to back drop, over head to land on feet	
	Turn table	

Date passed:		Coach	
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Name:		Class:	
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Apparatus	Skill	Date Completed
Vault	Handspring over table	
	Half on over Yurchenko block	
Bars	Swing half turn	
	Squat on to catch high bar	
Beam	Squat through beam to sit on beam	
	Front somersault off high beam	
	Cartwheel/forward roll on high beam	
Floor	Roundoff back handspring	
	Handspring on floor	
	Front tuck into resi-pit	
	Side aerial off panel mat into resi-fit	
Rings	Inverted hang, inverted pike hang, Tuck hold, 3 swings, dismount	
Pbar	Jump to support, Tuck hold, 3x swings, drop down.	
Pommel	Front support, Leg in, Leg out, Pike hold, back to front support, leg over to straddle sit, swing and jump to the side.	
Conditioning	5x dips on Pbars	
	Without jump, straddle stand press to handstand against wall	
	Box jump onto 1m box from standing	
Trampoline	Jump 3/4 front somersault to land on back, bounce to feet	

Date passed:		Coach	
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