



1. FORWARD ROLL DOWN A SLOPE

This skill helps develop confidence in rolling, body control, and safe movement through the spine. Gymnasts will demonstrate this by starting at the top of a gentle slope, stretching up tall before bending their legs into a crouch while keeping their back straight and arms reaching forward. From this position, hands will be placed down in front, then tuck their chin to their chest and roll forwards smoothly down the mat, finishing on their feet or in a controlled sitting position.

REDUCE THE CHALLENGE

Gymnasts can start on a steeper slope to help the movement flow, or practise with support. They can also begin from a low crouch position to build confidence before adding the full preparation.

INCREASE THE CHALLENGE

Gymnasts can try standing up from the skill without using their hands, or link multiple rolls together down the slope. Adding games such as rolling to reach a target or racing a partner can help build confidence and coordination while keeping the activity engaging.



2. BUNNY HOP OVER A LINE (LEFT TO RIGHT)

This skill helps develop upper body strength, coordination, and quick foot movement. Gymnasts will demonstrate this by placing their hands on the floor while jumping both feet together from one side of a line to the other, moving left to right. The movement should be light, controlled, and repeated with a steady rhythm.

REDUCE THE CHALLENGE

Gymnasts can start by stepping side to side instead of hopping, or perform smaller hops over a low line. They can also take breaks between each jump to reset their position.

INCREASE THE CHALLENGE

Gymnasts can increase speed, make the hops bigger, or continue for a set time without stopping. Adding games such as counting how many hops they can complete or following a rhythm can help build coordination, strength, and confidence while keeping the activity engaging.





3. FALLING TREE (WITH A COACH)

This skill helps develop body tension, trust, and safe falling techniques. Gymnasts will demonstrate this by standing tall with their body straight and tight, then gently leaning and falling in one piece like a “tree” while a coach supports. The body should remain straight throughout, with no bending at the hips, and arms can be positioned as directed to help maintain control.

REDUCE THE CHALLENGE

Gymnasts can start with a very small lean, or practise holding a tight body shape while standing before adding the fall. Extra support can be given by the coach to help guide the movement.

INCREASE THE CHALLENGE

Gymnasts can increase the height or distance of the fall, change directions, or turn it into a game such as falling on a signal. This helps build body awareness, confidence, and safe movement skills.



4. SHOW DISH AND ARCH SHAPE (ON FLOOR)

This skill helps develop body tension, control, and understanding of key gymnastics shapes. Gymnasts will demonstrate this by showing a clear dish (rounded) shape and a clear arch shape while on the floor. They should be able to hold each position with control, showing a strong contrast between the two shapes. Coaches should be looking for a tight body in the dish shape, with the lower back pressed towards the floor and the core engaged, and a clear arch shape with the chest lifted and body curved. The shapes should be held still, with good control and no collapsing.

REDUCE THE CHALLENGE

Gymnasts can practise each shape separately, hold for a shorter time, or reduce the size of the shape while focusing on correct positioning.

INCREASE THE CHALLENGE

Gymnasts can hold the shapes for longer, switch between dish and arch (rolling) with control, or take part in games such as responding to commands or holding the shape the longest. This helps build strength, body awareness, and control while keeping the activity engaging.





5. VAULT - JUMP 1 TO 2 FEET (LANDING ARMS BEHIND)

The gymnast starts on one foot, performs a controlled jump, and lands on two feet at the same time with their arms finishing behind their body. This skill develops coordination, balance and correct jumping technique. Coaches should look for a clear take-off from one foot, a controlled jump (not a step), and a soft landing with bent knees. The gymnast should maintain balance without extra steps, keep their chest upright and eyes forward, and show arms finishing behind the body.

REDUCE THE CHALLENGE

Allow a smaller hop or step instead of a full jump and give the gymnast time to balance before take-off. Use floor markers or lines to guide where to jump and land, and allow light support if needed. Practising two feet to two feet jumps first can help build confidence, as well as reducing the distance of the jump.

INCREASE THE CHALLENGE

Increase the distance or add a target such as a hoop or springboard to land on. To make it more engaging, turn it into a game such as jumping between “islands” (markers or mats), “traffic lights” where they freeze on landing.



6. VAULT - REBOUND JUMPS ON A SPRINGBOARD (WITH ASSISTANCE)

The gymnast performs continuous rebound jumps on a springboard while holding the coach's hands for support. The aim is to develop rhythm, coordination, and correct use of the springboard. The gymnast should jump with two feet together, maintaining a consistent bounce without stopping between jumps. Coaches should look for a straight body shape in the air, active use of the ankles and legs to create rebound, and a steady rhythm. The gymnast should remain balanced and upright throughout, with the coach providing consistent support.

REDUCE THE CHALLENGE

Allow the gymnast to perform smaller, slower rebounds while focusing on maintaining a continuous rhythm. Practising straight jumps on the floor first can help build confidence before transferring onto the springboard.

INCREASE THE CHALLENGE

Encourage a more consistent and controlled rhythm with reduced support from the coach. Increase the number of continuous rebounds or challenge the gymnast to keep an even height throughout. To make it fun, turn it into a game such as counting how many continuous jumps they can achieve, “bounce to the beat” with music.





7. VAULT - IN FRONT SUPPORT SHAPE - TUCK LEGS IN TO SQUAT POSITION

The gymnast begins in a front support position with straight arms, shoulders over hands, and a tight body line. From this position, they bring their legs in underneath their body to finish in a squat position, keeping their bottom low towards the floor throughout the movement. Coaches should look for strong, straight arms, stable shoulders, and a controlled movement of the legs in towards the hands. The gymnast should keep their hips low (not lifting high into a pike), land with feet together in a balanced squat, chest lifted, and avoid collapsing through the arms or shoulders.

REDUCE THE CHALLENGE

The gymnast can reduce the distance the legs need to travel. The coach can assist by supporting the hips. Practising holding a strong front support and a low squat position separately can help build strength and understanding.

INCREASE THE CHALLENGE

Encourage a quicker and more controlled transition while maintaining a low hip position throughout. The gymnast can repeat the movement continuously or add height to the block. to make it fun, turn it into a game such as “frog jumps”.



8. BEAM - WALK BACKWARDS ON LOW BEAM

The gymnast should walk backwards along a low beam with control. They should keep their body tall, look forward where possible, and take careful steps without rushing. The coach should look for good posture, balance and controlled steps. The gymnast should keep their feet on the beam, use their arms to help balance, and finish safely without stepping off.

REDUCE THE CHALLENGE

Start with a wider or lower beam, floor line, or bench. The gymnast can take smaller steps and hold a coach's hand for support if needed.

INCREASE THE CHALLENGE

Ask the gymnast to walk backwards with pointed toes, pause in a balance, or carry a bean bag while moving. To make it fun, they can walk backwards to a marker, collect objects, or complete it as part of a beam obstacle course.





9. BEAM - WALK ALONG HIGH BEAM (WITH ASSISTANCE)

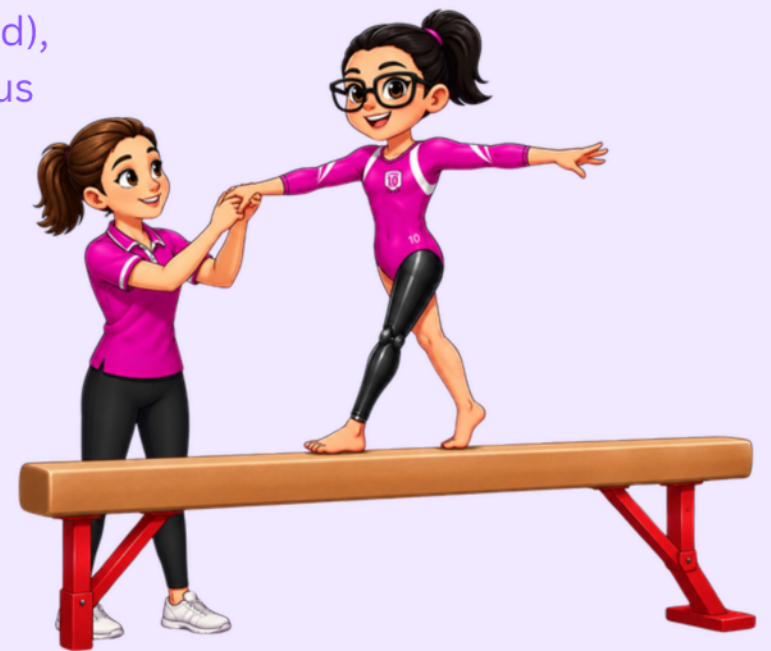
Gymnasts should walk from one end of the high beam to the other with support from a coach or helper. Coaches should look for controlled, steady steps, good posture (upright body, eyes forward), and arms used for balance. The gymnast should demonstrate focus and confidence, showing an understanding of safe movement on the beam, even if assistance is required throughout.

REDUCE THE CHALLENGE

Gymnasts can start on a low beam, floor beam, or a line on the floor. Additional support can be given by holding both hands, or allowing pauses during the walk. Reducing the distance or allowing the gymnast to step down and restart can also help build confidence.

INCREASE THE CHALLENGE

Gymnasts can try walking with less support from the coach, walk with pointed toes, adding simple arm positions, or incorporating stops, turns, or small objects to carry. Games such as “freeze on the beam,” following a leader, or completing the walk to music can help keep the activity engaging.



10. BARS - LONG HANG - PICK UP AND MOVE BEAN BAGS INTO TARGET DROP (WITH FEET)

Gymnasts should hang in a long hang position on the bar with straight arms and engaged shoulders, maintaining a secure grip throughout. While hanging, they should use their feet to pick up a bean bag and transfer it into a designated target. Coaches should look for good body tension, control in the swing (minimal excessive swinging), coordination between upper and lower body, and the ability to complete the task safely with assistance if needed.

REDUCE THE CHALLENGE

Gymnasts can perform the activity on a lower bar or with support under their feet (e.g. a block or coach assistance). The bean bags can be positioned closer together or directly under the gymnast, and the target can be larger or nearer to reduce difficulty.

INCREASE THE CHALLENGE

Gymnasts can aim for smaller or complete the task within a time limit, or turning it into a relay or team challenge can increase engagement and difficulty.

