



1. CAT & COW STRETCH (SHOWING DISH & ARCH)

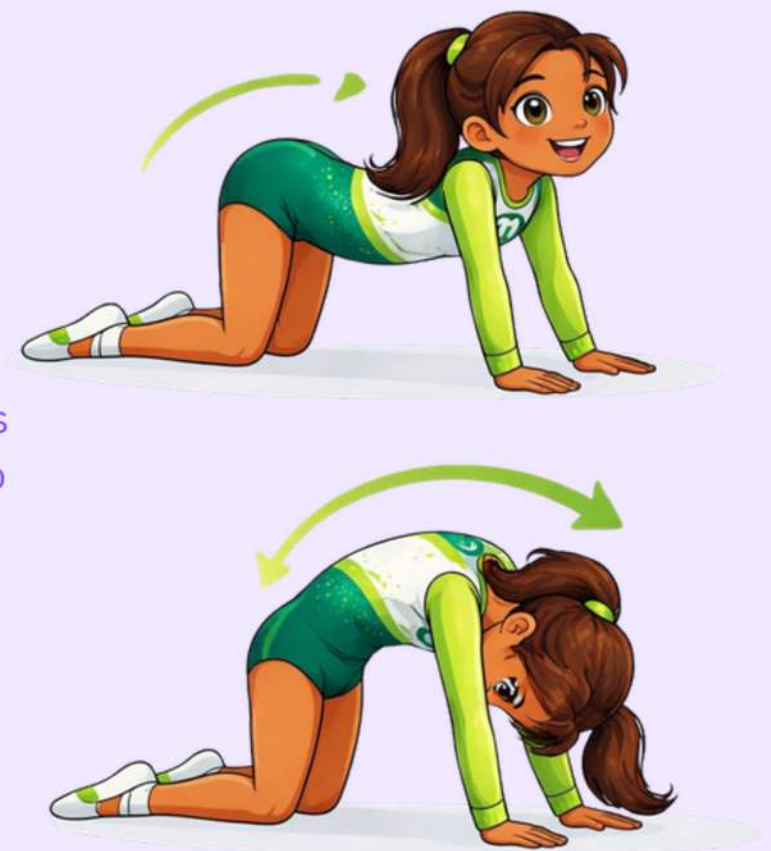
This skill helps develop body awareness, control, and understanding of basic gymnastics shapes. Gymnasts will demonstrate this by moving between a clear dish shape, with the chest lifted and back rounded, and a clear arch shape, with the tummy pulled down and head up. They should show a noticeable difference between the two positions while keeping their movements smooth and controlled.

REDUCE THE CHALLENGE

Gymnasts can hold each shape still before changing, reduce the size of the movement, or follow simple cues and demonstrations to understand the shapes. Slowing the movement down can also help them focus on control and body positioning.

INCREASE THE CHALLENGE

Gymnasts can exaggerate the shapes to show a bigger arch and round, move in time with a rhythm or music, or play reaction games where a coach calls "cat" or "cow." This helps improve body awareness, control, and engagement while reinforcing key shapes used in gymnastics.



2. BOUNCE & CATCH BALL (ALONE)

This skill helps develop hand-eye coordination, timing, and control. Gymnasts will demonstrate this by bouncing a ball to the floor and catching it again using controlled hands. They should aim to keep the bounce consistent and stay balanced while tracking the ball with their eyes.

REDUCE THE CHALLENGE

Gymnasts can use a larger or softer ball, bounce from a lower height. They can also practise just bouncing or just catching before combining both skills.

INCREASE THE CHALLENGE

Gymnasts can try continuous bounces without stopping, use one hand, vary the height of the bounce, or add movement such as walking or turning while bouncing. Games can also be added, such as counting successful catches or setting challenges, helping to build coordination and confidence while keeping the activity engaging.





3. TEDDY BEAR ROLL

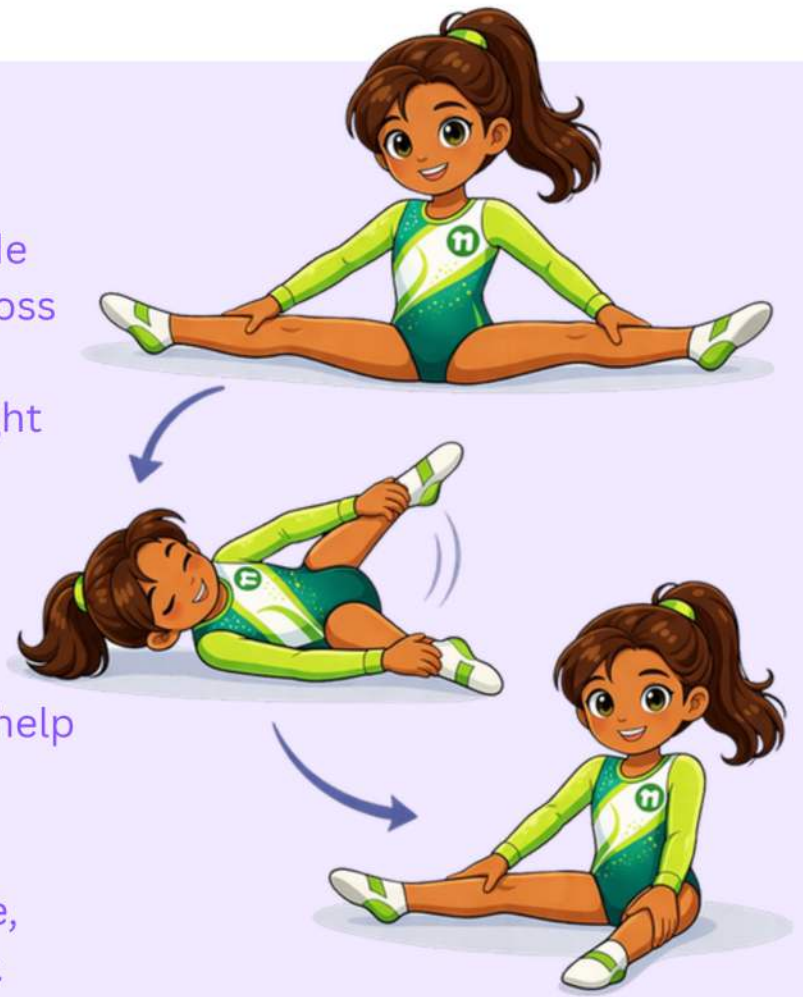
This skill helps develop core strength, balance, and spatial awareness. Gymnasts will demonstrate this by sitting in a wide straddle position, holding their legs, and rolling sideways across their back and shoulders. They should keep their chin tucked and avoid rolling over the neck, returning to a balanced upright position at the end.

REDUCE THE CHALLENGE

Gymnasts can begin with a smaller roll, use a softer mat, or practise rocking side to side while holding their legs before completing the full movement. Support can also be given to help guide the direction of the roll.

INCREASE THE CHALLENGE

Gymnasts can try to keep their legs straight in a wide straddle, roll smoothly without stopping, or link multiple rolls together.



4. SKIPPING (HANDS ON HIPS)

This skill helps develop coordination, rhythm, and balance. Gymnasts will demonstrate this by skipping forwards with a light, springy action while keeping their hands placed on their hips. They should show a clear step-hop pattern, maintain an upright posture, and move with control and consistent rhythm.

REDUCE THE CHALLENGE

Gymnasts can start by practising the step-hop action on the spot or walking through the movement slowly before travelling forwards. They can also reduce speed to focus on coordination and balance.

INCREASE THE CHALLENGE

Gymnasts can increase their speed, skip over longer distances, or change directions. Games can be added, such as following a pathway, skipping to music, or racing a partner, helping to build rhythm, coordination, and confidence while keeping the activity engaging.





5. BUNNY HOP ON THE SPOT

This skill helps develop upper body strength, coordination, and control. Gymnasts will demonstrate this by placing their hands on the floor and keeping their feet together while performing small hops on the spot. They should support their weight through their arms, lift both feet off the floor together, and land softly with control while maintaining a steady rhythm.

REDUCE THE CHALLENGE

Gymnasts can begin by holding a stable front support position or making very small, gentle hops with minimal lift. They can also pause between each hop to regain balance and control.

INCREASE THE CHALLENGE

Gymnasts can increase the height or speed of their hops, try to keep a continuous rhythm without stopping, or add games such as hopping for a set time or following a beat. This helps build strength, coordination, and confidence while keeping the activity engaging.



6. VAULT - RUNNING KNEES TO CHEST (OPPOSITE ARMS TO LEGS)

This skill helps develop coordination, cardiovascular fitness, and running technique. Gymnasts will demonstrate this by running on the spot while lifting their knees up towards their chest, using opposite arm and leg action (right arm with left leg, left arm with right leg). They should keep their chest lifted, move their arms actively, and maintain a steady, controlled rhythm.

REDUCE THE CHALLENGE

Gymnasts can begin by marching on the spot and gradually increasing the height of their knees. They can also slow the movement down to focus on correct coordination between arms and legs.

INCREASE THE CHALLENGE

Gymnasts can increase their speed, aim to lift their knees higher, or add challenges such as running for a set time, following a beat, or racing a partner. This helps build coordination, fitness, and confidence while keeping the activity engaging.





7. BEAM - 360 TURN ON A LOW BEAM

This skill helps develop balance, control, and body awareness. Gymnasts will demonstrate this by standing on a low beam or bench and completing a full turn (360 degrees) on one or two feet. They should keep their body upright, arms controlled for balance, and complete the turn smoothly without stepping off.

REDUCE THE CHALLENGE

Gymnasts can begin by practising turns on the floor or making smaller turns (such as half turns) on the beam. They can also use their arms for extra balance or pause before and after the turn to stay in control.

INCREASE THE CHALLENGE

Gymnasts can try to complete multiple turns in a row, or add a starting and finishing pose. Games such as balancing challenges or turning to music can also be included. This helps build confidence, balance, and coordination while keeping the activity engaging.



8. BEAM - WALK SIDWAYS ON A LOW BEAM

This skill helps develop balance, coordination, and body control. Gymnasts will demonstrate this by standing on a low beam or bench and stepping sideways along it, placing one foot carefully next to the other. They should keep their body upright, arms out for balance, and move with control without stepping off.

REDUCE THE CHALLENGE

Gymnasts can practise sideways steps on the floor or use a wider surface before moving onto the beam. They can also take smaller steps or pause between each step to regain balance.

INCREASE THE CHALLENGE

Gymnasts can try to move continuously without stopping, add obstacles to step over, or include balances along the way. Games such as following a leader or moving to music can also be included. This helps build confidence, balance, and coordination while keeping the activity engaging.





9. BARS - TUCK HOLD KNEES TO CHEST

This skill helps develop core strength, upper body strength, and control on the apparatus. Gymnasts will demonstrate this by supporting themselves on a bar with straight arms and lifting their knees up towards their chest into a tucked position. They should keep their arms strong, shoulders stable, and hold the position with control without swinging.

REDUCE THE CHALLENGE

Gymnasts can practise holding a tuck position on the floor or with their feet supported on a block. They can also try lifting their knees one at a time or holding the tuck for a shorter amount of time.

INCREASE THE CHALLENGE

Gymnasts can hold the tuck for longer, try to keep completely still without swinging, or add small movements such as extending and re-tucking the legs. Games such as timing holds or competing with a partner can also be included to keep the activity engaging.



10. BARS - FRONT SUPPORT (HIPS ON THE BAR)

This skill helps develop upper body strength, body tension, and confidence on the bars. Gymnasts will demonstrate this by supporting themselves with their hips resting on the bar, arms straight, and hands gripping the bar securely. Their legs should be extended slightly behind them in a straight line, showing control and stability.

REDUCE THE CHALLENGE

Gymnasts can practise holding a front support shape on a low bar with feet on the floor or a block for support. They can also work on straight arm strength and body tension on the floor before transferring to the bar.

INCREASE THE CHALLENGE

Gymnasts can try to hold the position for longer, perform small controlled movements such as shifting weight slightly over the bar or swinging their legs forwards and backwards whilst maintaining balance.

