



1. ROCK BACKWARDS & FORWARDS IN A TUCK POSITION

This skill helps develop body control, core strength, and coordination. Gymnasts will demonstrate this by sitting in a tight tuck shape, holding their knees close to their chest, and rocking smoothly backwards onto their shoulders and then forwards to return to the starting position. They should keep their body compact, control the movement, and avoid letting their head touch the floor.

REDUCE THE CHALLENGE

Gymnasts can practise holding a tuck shape first, or perform small, gentle rocks with support if needed. They can also place their hands on their legs to help maintain a tight shape.

INCREASE THE CHALLENGE

Gymnasts can increase the size of the rock, try to stand up at the end, or perform continuous rocks with good rhythm. Games and challenges can be added, such as counting how many controlled rocks they can do, helping to build strength and confidence while keeping the activity engaging.



2. BOUNCE AND CATCH BALL (WITH PARTNER)

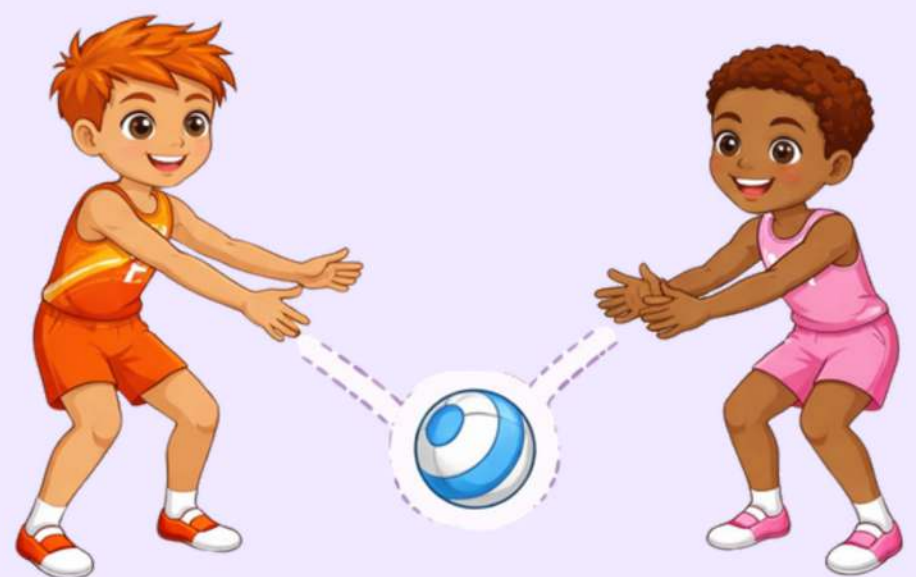
This skill helps develop coordination, timing, and teamwork. Gymnasts will demonstrate this by bouncing a ball to their partner and catching it as it returns, showing control and accuracy in both the bounce and the catch. They should aim for the ball to bounce at a good height, keep their eyes on it, and use their hands to catch securely.

REDUCE THE CHALLENGE

Gymnasts can stand close together and use a gentle bounce, allowing more time to react. They can also practise catching first or use a larger, softer ball.

INCREASE THE CHALLENGE

Gymnasts can increase the distance between partners, try bouncing with one hand, or add movement such as stepping or turning while passing. Games and challenges can be included, such as counting how many successful catches they can complete in a row, helping to build confidence and coordination while keeping the activity engaging.





3. BALANCE ON ONE LEG (BENT KNEE)

This skill helps develop balance, control, and body awareness. Gymnasts will demonstrate this by standing on one leg while lifting the other leg with a bent knee in front, holding a steady position. They should keep their body upright, arms out to the side for balance, and show control without wobbling or stepping down.

REDUCE THE CHALLENGE

Gymnasts can hold the position for a short time, use a spot for support, or lightly touch a wall to help with balance. They can also practise standing on two feet before lifting one leg.

INCREASE THE CHALLENGE

Gymnasts can hold the balance for longer, try it on both legs, or add movements such as turning their head or closing their eyes. Games and challenges can be included, such as seeing who can hold the balance the longest without moving, helping to build confidence and stability while keeping the activity engaging.



4. JUMP OVER ROPE SWINGING TO AND FRO

This skill helps develop timing, coordination, and rhythm. Gymnasts will demonstrate this by jumping over a rope that is being swung forwards and backwards along the floor, timing their jump so they clear the rope safely each time. They should keep their eyes on the rope, use both feet to jump, and land softly with control.

REDUCE THE CHALLENGE

Gymnasts can start with a slow-moving rope or step over it before progressing to jumping. They can also practise small jumps on the spot to build confidence with timing.

INCREASE THE CHALLENGE

Gymnasts can jump continuously without stopping, increase the speed of the rope, or try different jump patterns. Games can be included, such as counting how many successful jumps they can complete in a row, helping to build coordination and confidence while keeping the activity engaging.





5. THROW A BEANBAG INTO A HOOP

This skill helps develop aim, coordination, and control. Gymnasts will demonstrate this by standing a short distance away and throwing a beanbag so that it lands inside a hoop on the floor. They should focus on using an underarm throw, keeping their eyes on the target, and controlling the strength of the throw.

REDUCE THE CHALLENGE

Gymnasts can stand closer to the hoop or use a larger hoop to increase their chances of success. They can also practise rolling or gently placing the beanbag into the hoop before progressing to throwing.

INCREASE THE CHALLENGE

Gymnasts can move further away, use their non-dominant hand, or aim for smaller hoops. Games can be included, such as scoring points for successful throws or seeing how many beanbags they can land in the hoop in a row, helping to build confidence and accuracy while keeping the activity engaging.



6. LOG ROLL DOWN A SLOPE (ARMS BY EARS)

This skill helps develop body tension, control, and spatial awareness. Gymnasts will demonstrate this by lying in a straight shape with their arms stretched by their ears and rolling sideways down a gentle slope like a log. They should keep their body long and tight, legs together, and move smoothly without bending at the hips or knees.

REDUCE THE CHALLENGE

Gymnasts can practise log rolling on a flat surface first or use a very gentle slope. They can also focus on holding the straight shape before adding the roll.

INCREASE THE CHALLENGE

Gymnasts can roll for a longer distance, try to keep a perfectly straight shape throughout, or add games such as seeing who can roll the straightest or stay in line. This helps build control, coordination, and body awareness while keeping the activity engaging.





7. VAULT - LOW BLOCK JUMP TO HOLD SAFETY LANDING

This skill helps develop confidence, coordination, and safe landing technique. Gymnasts will demonstrate this by jumping from a low block and landing in a controlled safety landing position. They should bend their knees on landing, keep their chest upright, arms forward for balance, and hold the position without wobbling or stepping.

REDUCE THE CHALLENGE

Gymnasts can start by stepping off the block or doing a small jump, focusing on landing softly with bent knees. They can also practise the safety landing position on the floor before jumping from the block.

INCREASE THE CHALLENGE

Gymnasts can jump from a slightly higher block, hold their landing for longer, or add games such as “stick the landing” where they must freeze without moving. This helps build strength, control, and confidence while encouraging safe landing habits.



8. VAULT -RUN ON THE SPOT (FAST & SLOW)

This skill helps develop coordination, rhythm, and control of speed. Gymnasts will demonstrate this by running on the spot, lifting their knees and moving their arms, while staying in one place. They should show clear changes between running fast and running slow, keeping good posture and control throughout.

REDUCE THE CHALLENGE

Gymnasts can begin by marching on the spot, then gradually increase their speed. They can also practise stopping and starting to understand the difference between fast and slow movements.

INCREASE THE CHALLENGE

Coaches can call out “fast” and “slow” at random, or turn it into a game where gymnasts have to react quickly to changes in speed. This helps improve listening skills, coordination, and control while keeping the activity engaging.





9. BEAM - WALK OVER OBSTACLES ON LOW BEAM OR BENCH

This skill helps develop balance, coordination, and confidence. Gymnasts will demonstrate this by carefully walking along a low beam or bench while stepping over small obstacles placed along the way. They should keep their arms out to the side for balance, look forward, and place each foot carefully to stay steady.

REDUCE THE CHALLENGE

Gymnasts can use a wider or lower surface, reduce the number or height of obstacles, or step around them before progressing to stepping over. Support can also be given if needed.

INCREASE THE CHALLENGE

Gymnasts can increase the height or number of obstacles, walk more slowly with control, or try different movements such as tiptoeing or walking sideways. Games can be added, such as not touching the obstacles or balancing an object while walking, helping to build focus, balance, and coordination.



10. BARS - HAND WALKS ACROSS THE BAR

This skill helps develop upper body strength, coordination, and grip. Gymnasts will demonstrate this by hanging from a bar with straight arms and moving their hands one at a time to travel along the bar. They should keep their body controlled, arms strong, and move steadily without swinging excessively.

REDUCE THE CHALLENGE

Gymnasts can start by simply hanging on the bar to build grip strength, or practise moving just one or two hands along before travelling further. Support can also be given if needed.

INCREASE THE CHALLENGE

Gymnasts can travel the full length of the bar, try to move smoothly without stopping, or add games such as racing a partner or timing how long they can hang and travel. This helps build strength, coordination, and confidence on the bars while keeping the activity engaging.

