



1. HOPSCOTCH

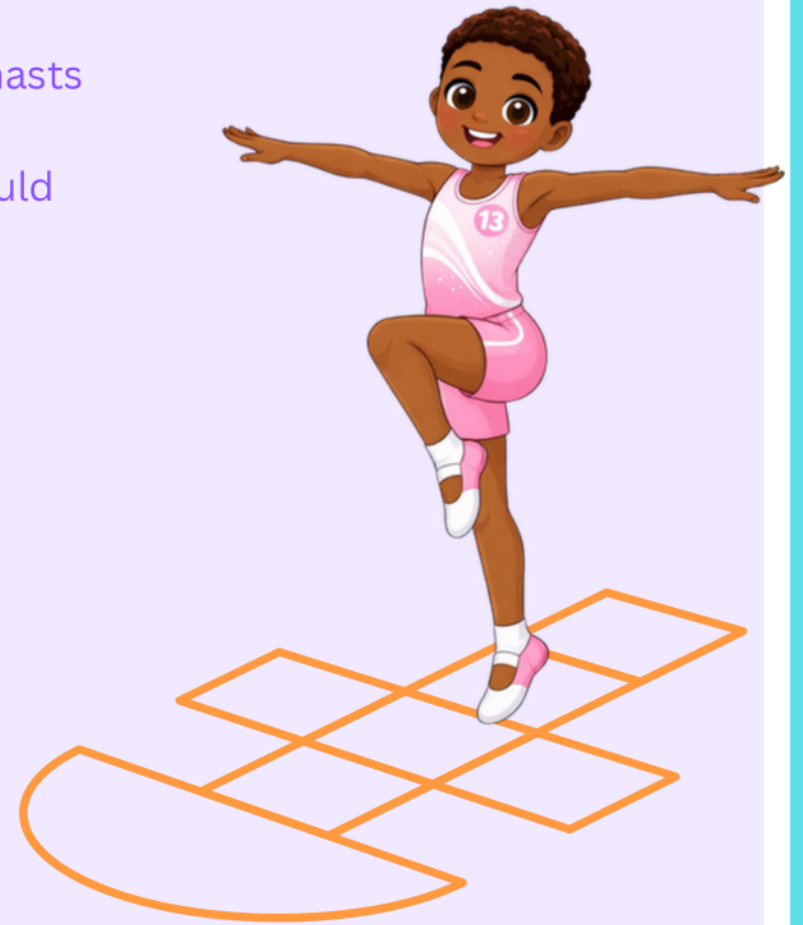
This skill helps develop balance, coordination, and control. Gymnasts will demonstrate this by hopping and jumping between marked spaces, using one foot and two feet where appropriate. They should show control when landing, keep their balance, and follow the correct pattern as they move through the hopscotch.

REDUCE THE CHALLENGE

To make the activity easier, gymnasts can start with a simple layout and move slowly or stepping. Coaches can guide them through the pattern and allow time to practise balancing on one foot.

INCREASE THE CHALLENGE

More complex patterns can be added, or gymnasts can complete the sequence quickly while maintaining control. Games can be introduced, such as adding numbers or colours to follow, helping to keep the activity engaging while developing coordination and confidence.



2. HOP ON ONE LEG (LEFT & RIGHT)

The gymnast should show they can hop on one leg, using both their left and right leg. They should bend their knee before pushing off, keep their balance, and land softly on the same foot each time. The coach should look for control, balance and safe landings. The gymnast should try to keep their hopping foot steady, use their arms to help balance, and complete the skill on both legs.

REDUCE THE CHALLENGE

Start with one or two small hops on each leg. The gymnast can hold onto a block, bar or coach's hand for support until they feel more confident.

INCREASE THE CHALLENGE

Ask the gymnast to hop along a line, between spots, or around cones. To make it more challenging, they can hop further, hold a balance after landing, or play a game where they swap legs when the coach calls "left" or "right".





3. SHOWS SHAPES (STRAIGHT, TUCK & STRADDLE)

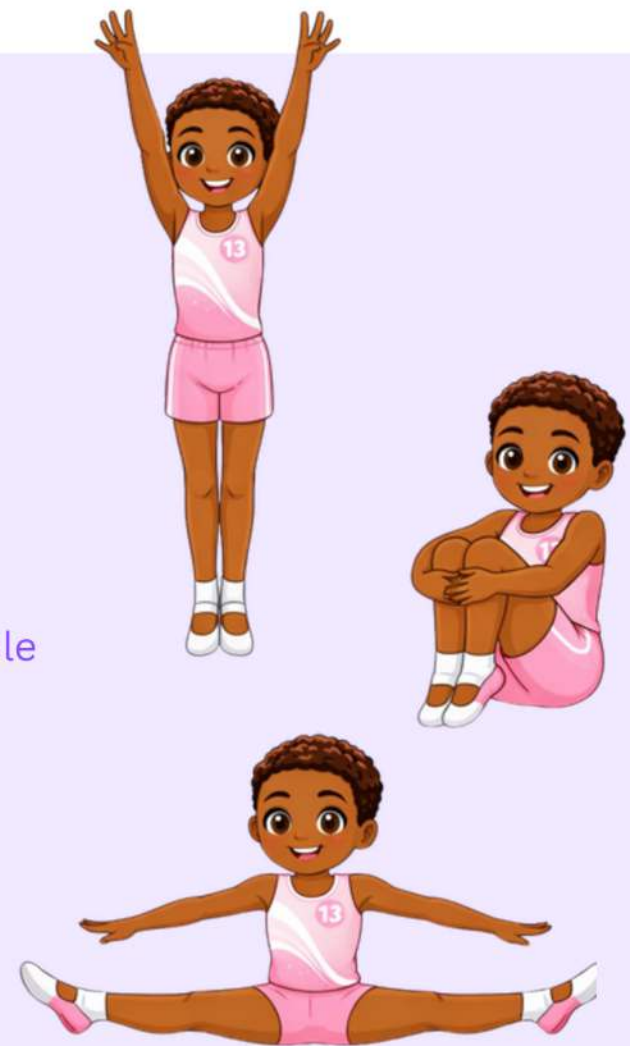
This skill helps develop body awareness, control, and understanding of basic gymnastics shapes. Gymnasts will demonstrate this by clearly showing a straight shape, a tuck shape, and a straddle shape, holding each position with good control and correct technique.

REDUCE THE CHALLENGE

To make the activity easier, gymnasts can practise each shape individually with support or guidance, focusing on body position and balance. Coaches can demonstrate each shape and give simple cues to help gymnasts understand how their body should look.

INCREASE THE CHALLENGE

Gymnasts can try to perform them in different positions such as standing, sitting, or jumping. Games and challenges can also be added to encourage quick thinking and confidence while maintaining good technique.



4. JUMPING JACKS X3

This helps develop coordination, rhythm, and full-body movement. Gymnasts will demonstrate this by performing three controlled jumping jacks, jumping their feet out to the side and landing, then making a second jump to bring their feet back together. Their arms should move up and down in time with the separate jumps. This should clearly show the difference from a star jump, where the legs go out and back together in one single jump.

REDUCE THE CHALLENGE

To make the activity easier, gymnasts can practise the arm and leg actions separately or perform the movement slowly, focusing on the two-part action of jumping out and then back together. They can also start with stepping jacks instead of jumping to build confidence.

INCREASE THE CHALLENGE

Gymnasts can increase the speed, perform more repetitions, or add variations such as clapping overhead or turning it into a counting game, helping to improve coordination while keeping the activity engaging.





5. SKIP WITH A HOOP

This badge helps develop coordination, rhythm, and control. Gymnasts will demonstrate this by skipping while holding a hoop, moving smoothly and keeping a steady rhythm as they travel. They should show good posture, coordinated arm and leg actions jumping both feet together, and control of the hoop throughout the movement.

REDUCE THE CHALLENGE

Gymnasts can practise skipping without the hoop first, or can step over the hoop first instead of jumping to build confidence.

INCREASE THE CHALLENGE

Gymnasts can change direction, vary their speed, or move the hoop in different ways such as swinging or lifting it while skipping. Games and obstacle courses can be added to keep the activity engaging while improving coordination and confidence.



6. THROW AND CATCH BALL (WITH PARTNER)

This badge helps develop coordination, timing, and teamwork. Gymnasts will demonstrate this by throwing a ball to a partner and catching it again, showing control and accuracy in both actions. They should aim carefully, use their hands correctly, and keep their eyes on the ball while working together.

REDUCE THE CHALLENGE

Gymnasts can stand close together and use a gentle underarm throw, giving themselves more time to react and catch. They can also practise catching first before adding the throw.

INCREASE THE CHALLENGE

Gymnasts can increase the distance between partners, try different types of throws such as overarm or bounce passes, or add movement while throwing and catching. Games and challenges can be included to encourage teamwork and keep the activity engaging while building confidence and coordination. Alternatively, gymnasts can use smaller balls to improve accuracy.





9. BEAM - WALK ALONG FLOOR BEAM OR BENCH

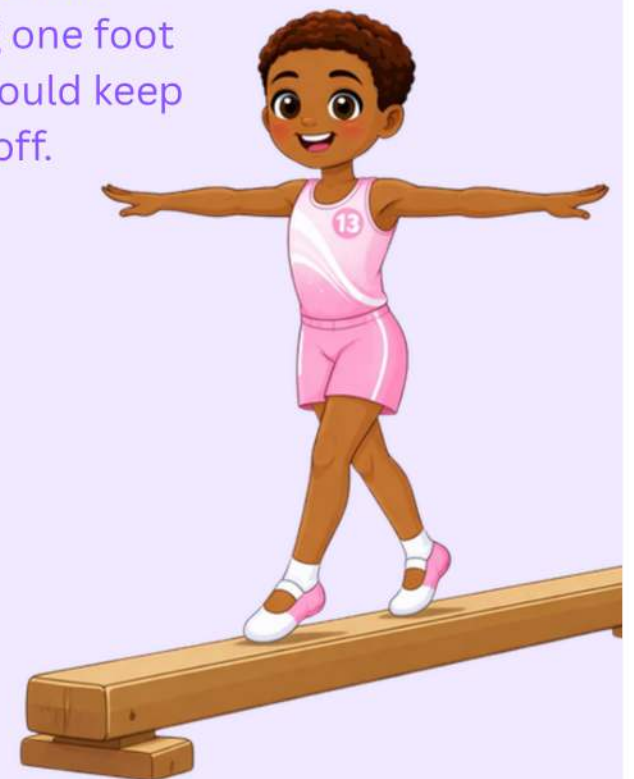
This badge helps develop balance, control, and body awareness. Gymnasts will demonstrate this by walking carefully along a low beam or bench, placing one foot in front of the other while maintaining good posture and control. They should keep their head up, arms out for balance, and move steadily without stepping off.

REDUCE THE CHALLENGE

Gymnasts can walk with support, use a wider surface, or take small steps while focusing on balance. They can also practise walking along a line on the floor before progressing to a raised surface.

INCREASE THE CHALLENGE

Gymnasts can walk forwards, backwards, or on tiptoes, and add simple movements such as pauses or turns. Games and challenges can be included, such as not stepping off or carrying a small object, helping to build confidence and balance while keeping the activity engaging.



10. BARS - LONG HANG, DROP TO SAFETY LANDING

This badge helps develop grip strength, confidence, and safe landing technique. Gymnasts will demonstrate this by hanging with straight arms from the bars, keeping their body still and controlled, then dropping down to land in a strong safety position with feet apart, knees bent, and arms forwards. They should show a steady hang and a soft, balanced landing.

REDUCE THE CHALLENGE

To make the activity easier, gymnasts can use low bars where their feet are close to the floor, or practise the safety landing position separately before adding the drop. Support can also be given to help them feel secure.

INCREASE THE CHALLENGE

Gymnasts can hold the hang for longer, try a small controlled swing before dropping, or focus on “sticking” the landing without moving. Games such as timing their hang or landing challenges can help build strength and confidence while keeping the activity engaging.

