



1. ONE HANDED CARTWHEEL

Gymnasts should perform a cartwheel using only one hand on the floor, maintaining a sideways movement with legs passing through a split position. Coaches should look for a strong, confident entry, straight supporting arm, and a clear split shape with legs extended and toes pointed.

REDUCE THE CHALLENGE

Gymnasts can practise a standard cartwheel first, then gradually reduce to one hand by lightly touching the floor with the second hand or hovering it above. A coach can guide the movement to support balance and alignment, and floor markers can help with hand and foot placement.

INCREASE THE CHALLENGE

Gymnasts can aim to connect the skill into a second cartwheel, either returning to a two-handed cartwheel or performing two one-handed cartwheels in a row. This helps develop flow, coordination, and control between movements.



2. HALF SPIN OR PIKE JUMP FROM A BLOCK

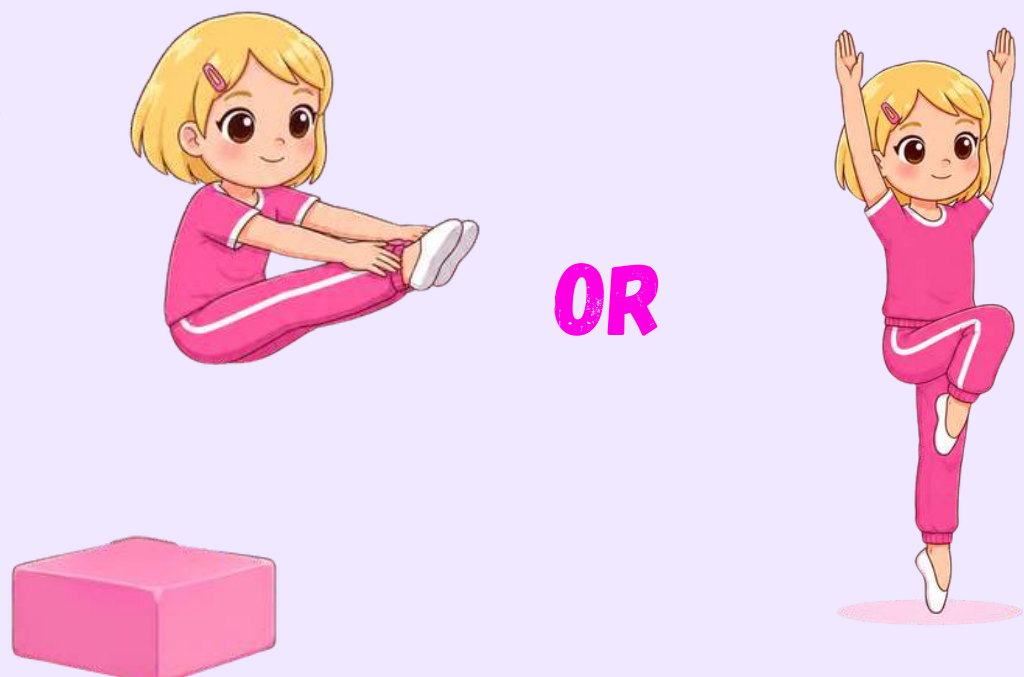
Gymnasts can choose to perform either a half spin on the floor or a pike jump from a block. For the half spin, gymnasts should turn 180° from standing, finishing facing the opposite direction with control and balance. Coaches should look for good posture, controlled rotation, and a stable finish without extra steps. For the pike jump from a block, gymnasts should take off with two feet, lift their legs straight out in front into a pike shape, and land safely on the mat. Coaches should look for straight legs, a clear pike shape, and a controlled landing with bent knees and good balance.

REDUCE THE CHALLENGE

For the half spin, gymnasts can perform a smaller quarter turn or practise stepping through the rotation slowly. For the pike jump, they can focus on lifting the legs slightly while maintaining control.

INCREASE THE CHALLENGE

Gymnasts can attempt to increase the spin to a full spin. For the pike jump they can attempt this from the floor, and “stick it” landings.





3. HANDSTAND TO BRIDGE

Gymnasts should kick up into a handstand and then lower both legs together into a controlled bridge position on the floor. Coaches should look for strong hand placement, straight arms, and shoulders pushed tall in the handstand. As the gymnast transitions, both legs should stay together and straight, lowering with control into a bridge with open shoulders, straight arms, and feet landing together.

REDUCE THE CHALLENGE

Gymnasts can perform the movement with support from a coach, who can control the descent into the bridge. They can also practise the skill against a wall or perform the skill with legs bent and apart. Working on strong handstands and bridge positions separately can help build the required strength and flexibility.

INCREASE THE CHALLENGE

Gymnasts can aim to perform the movement maintaining straight legs, legs together throughout the transition. They can also work on standing back up from the bridge position, helping to develop strength, control, and confidence.



4. ROUND OFF TO KNEES (LAND IN DISH) (ONTO STACKED MAT)

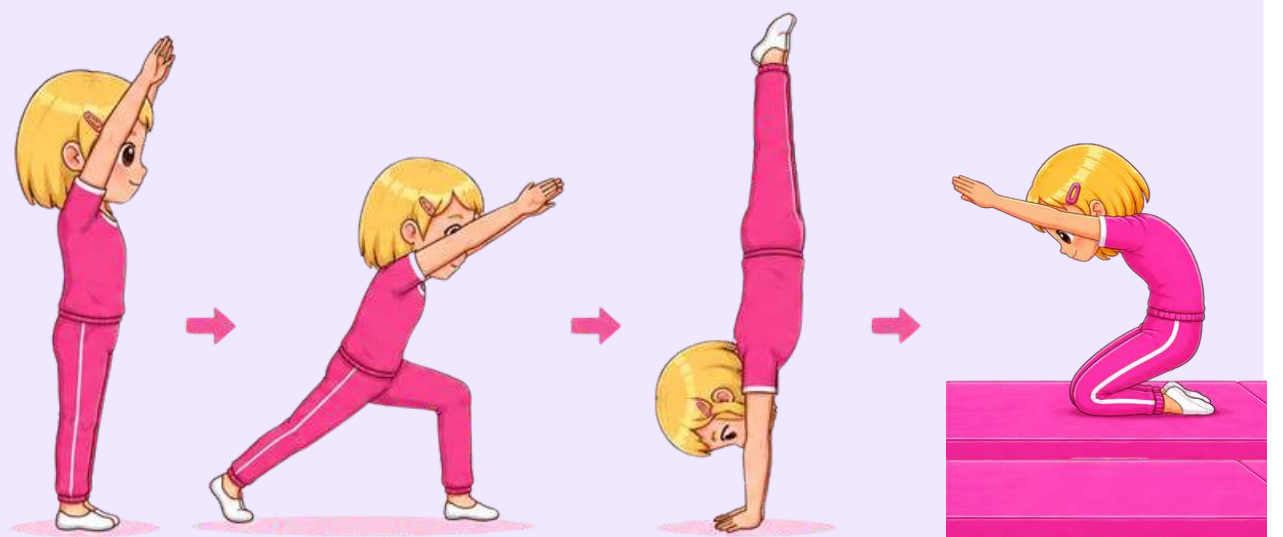
Gymnasts should perform a round off and land on their knees on a stacked mat, finishing in a controlled dish shape. Coaches should look for a strong round off with good hand placement, straight arms, and a fast snap down of the legs. As the gymnast lands on their knees, they should immediately hold a tight dish shape (core engaged, arms and legs controlled).

REDUCE THE CHALLENGE

Gymnasts can perform the skill with support from a coach to guide the landing. They can also start by practising a cartwheel to the correct dish shape to slow down the skill focusing on the entry and exit.

INCREASE THE CHALLENGE

Gymnasts can aim for a faster, more powerful round off with a tighter snap down into the landing. They can also attempt to move to a full round off.





5. VAULT - RUN - SQUAT ON - KICK TO HANDSTAND - FLAT LIE

Gymnasts should perform a controlled run-up, place their hands on the block, and jump to a squat-on position. From here, they should kick up into a handstand and then continue the movement to land in a flat (tight) lie on the mat. Coaches should look for a consistent run, strong hand placement, and a controlled squat-on with both feet landing together. The kick to handstand should show straight arms, shoulders pushed tall, and legs together, followed by a controlled transition into a flat, tight body position on landing.

INCREASE THE CHALLENGE

Coach can provide support through the handstand and landing phase. A lower block can be used to build confidence.

REDUCE THE CHALLENGE

A higher block can be used to increase the difficulty and encourage a stronger push. Gymnasts can also work on pushing through their shoulders from the handstand into the flat lie (shoulder press), helping to develop the second flight phase used in vault. Focus should be on maintaining a tight body shape and control throughout the movement.



6. VAULT - FROM BLOCK KICK TO HANDSTAND - LAND ON FEET DISMOUNT

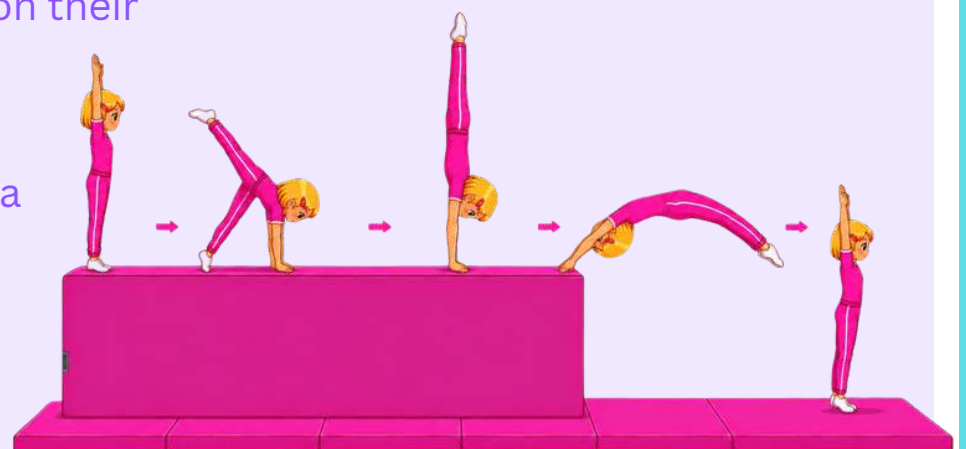
Gymnasts should start on the block, place their hands securely, and kick up into a handstand before pushing strongly through their shoulders to come off their hands and land on their feet. Coaches should look for strong hand placement, straight arms, and shoulders pushed tall in the handstand. The gymnast should demonstrate a clear push through the shoulders (block phase), keeping legs straight and together, and land with control on their feet, knees bent, chest upright, and good balance.

REDUCE THE CHALLENGE

Gymnasts can perform the movement with support from a coach, who can guide the handstand and assist the push through to landing. They can work on shoulder pushes separately to build strength and understanding.

INCREASE THE CHALLENGE

Gymnasts can aim to create a stronger, more dynamic push through the shoulders to achieve more height and a clearer flight phase. A higher block can be used, and they can focus on "sticking" the landing with no movement to improve control and precision.





7. VAULT - THROUGH VAULT

Gymnasts should perform a run-up, place their hands on the vault or block, and pass their legs through between their hands to travel over and land on the other side. Coaches should look for a consistent run, strong hand placement, and a clear lifting of the hips to allow the legs to pass through smoothly.



REDUCE THE CHALLENGE

Gymnasts can start closer to the vault or reduce the speed of the run-up. A lower block can be used, and a coach can assist by supporting the movement to help the gymnast understand the pathway.



INCREASE THE CHALLENGE

The height of the vault can be increased, and focus can be placed on a stronger push through the shoulders and a controlled “stick” landing to develop confidence and technique.

8. BEAM - HANDSTAND ON LOW BEAM

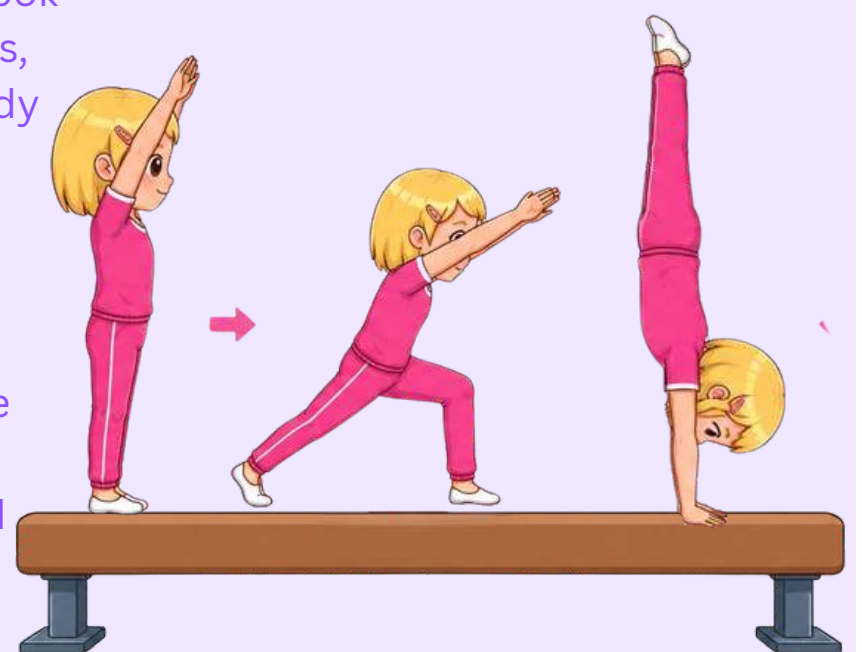
Gymnasts should kick up into a handstand on a low beam, supporting their body weight through straight arms and maintaining balance on the narrow surface. Coaches should look for strong hand placement in line with the beam, straight arms, and shoulders pushed tall. The gymnast should keep their body aligned (hands, shoulders, hips, and feet in line), with legs straight and together, demonstrating control and balance throughout the hold.

REDUCE THE CHALLENGE

Gymnasts can practise handstands on the floor or along a line before progressing to the beam. A coach can provide support at the legs, and the gymnast can kick up with control and hold for a shorter time while focusing on alignment.

INCREASE THE CHALLENGE

Gymnasts can aim to hold the handstand, or perform the skill with greater control and precision. They could add challenges such as “hold as still as possible” or “who can hold it the longest” to improve balance and stability on the beam.





9.BAR - CAST BACK TO THE BAR

Gymnasts should start in a front support position on the bar and perform a cast backwards, returning their body back towards the bar with control. Coaches should look for straight arms, a dish shape in the cast, a strong push through the shoulders, and the hips moving away from the bar during the cast. The gymnast should maintain a tight body shape, with legs straight and together, and return to the bar in a controlled front support position.

REDUCE THE CHALLENGE

Gymnasts can perform smaller casts with support from a coach to guide the movement and maintain correct shape. They can also practise holding a strong front support position and small weight shifts before progressing to a full cast.

INCREASE THE CHALLENGE

Gymnasts can aim for a bigger cast with more height while maintaining a tight body shape. They could also focus on a smoother, more controlled return to the bar, or attempt more than one cast in a row.



10.BAR - STRADDLE SWINGS TO SHOOT OFF DISMOUNT

Gymnasts should begin in a straddle position on the bar (feet either side of the bar) and perform controlled swings underneath, leading into a shoot-off dismount to land on their feet. Coaches should look for a secure grip, straight arms & legs, and active shoulders, with the gymnast maintaining a clear straddle shape throughout the swing. The coach will need to initiate the swing to help establish rhythm and support the movement.

REDUCE THE CHALLENGE

Gymnasts can perform smaller swings with more support from a coach, or practise holding the straddle position on the bar before adding the swing. A lower bar or additional support can be used to help build confidence and control.

INCREASE THE CHALLENGE

Gymnasts can use a higher bar to increase the challenge, or begin to initiate the swings themselves by jumping into the straddle position from a block. They can also focus on creating a stronger, more controlled swing and achieving a confident “stick” landing.

