



1. CARTWHEEL CHASSE ROUND OFF

Gymnasts should perform a cartwheel, followed by a chassé, and then a round off, showing a smooth connection between all three elements. Coaches should look for straight arms and legs in both the cartwheel and round off, with clear split-leg positions and good body alignment. The chassé should be light and controlled with pointed toes. In the round off, it is important that gymnasts show a correct lunge technique (front knee bent, back leg straight, arms by the ears) before placing their hands, followed by a fast snap down of the legs together.

REDUCE THE CHALLENGE

Gymnasts can practise each element separately before linking them together. They can slow down the sequence, pause between skills, or use floor markers to guide direction and placement. A coach can support the cartwheel or round off if needed to build confidence.

INCREASE THE CHALLENGE

Gymnasts can focus on a more powerful round off with a stronger snap down, or perform the sequence along a line to improve precision and flow. Additional elements can be added before or after the sequence to increase difficulty and develop creativity and performance quality.



2. FORWARD OR BACKWARD WALKOVER

Gymnasts should perform either a forward or backward walkover, passing through a controlled inverted position with legs moving one at a time. Coaches should look for straight arms and legs, open shoulders, and a smooth, continuous movement throughout.

REDUCE THE CHALLENGE

Gymnasts can practise the movement with support from a coach, who can guide the legs and assist the transition. They can also break the skill down into handstand and bridge components to build strength, flexibility, and confidence.

INCREASE THE CHALLENGE

Gymnasts can aim for a more fluid, continuous movement with straighter legs and a bigger split position. They could also hold the inverted position briefly, or connect the walkover into other skills to develop flow and control.





3. CATLEAP 1/2

Gymnasts should perform a cat leap with a half turn (180°), taking off from one foot and lifting the knees one after the other into a bent shape while rotating in the air. Coaches should look for a strong take-off, clear and coordinated knee lift, and controlled use of the arms to initiate and complete the turn.

REDUCE THE CHALLENGE

Gymnasts can practise the cat leap without a turn first, focusing on knee lift and coordination. They can then add a small quarter turn before progressing to a half turn, or perform the movement more slowly with guidance to build confidence.

INCREASE THE CHALLENGE

Gymnasts can aim to add a full turn while maintaining control and coordination. They could also focus on keeping the movement travelling in a straight line, improving precision, alignment, and spatial awareness.



4. FLICK (ASSISTED)

Gymnasts should perform a back handspring (flick) with assistance from a coach, jumping backwards from a standing into an inverted position and returning to their feet. Coaches should look for a strong take-off with arms by the ears, a clear sit and push backwards, and straight arms as the hands contact the floor. The gymnast should demonstrate good body tension, open shoulders, and a controlled, continuous movement through to a safe landing on their feet.

REDUCE THE CHALLENGE

Gymnasts can practise flick preparation drills such as jumping backwards onto mats. A coach can provide full support through the movement, guiding the hips and shoulders to ensure correct shape and timing.

INCREASE THE CHALLENGE

Gymnasts can aim to perform the flick with less assistance while maintaining correct technique and control.





5. HOLD RIGHT, LEFT OR BOX SPLITS

Gymnasts should hold either a right split, left split, or box (straddle) split with correct technique. Coaches should look for straight legs, pointed toes, and good alignment through the hips. In front splits, hips should be square with the front leg straight and back leg extended. In box splits, legs should be evenly extended to the sides with the body down.

REDUCE THE CHALLENGE

Gymnasts can perform the splits with support such as blocks under hands for balance. They can also work within a comfortable range and gradually increase depth, focusing on correct alignment rather than full range.

INCREASE THE CHALLENGE

Gymnasts can aim to hold the splits lower and for longer with strong posture and control. They could also lift their arms, maintain an upright position without support, or add transitions between split positions to develop flexibility and strength.



6. HANDSPRING (ASSISTED)

Gymnasts should perform a handspring with assistance, moving from a run or lunge into an inverted position and pushing through the hands to land on their feet. Coaches should look for a strong hurdle and lunge entry, straight arms on contact, and shoulders pushed tall to create a clear push (block) through the hands. The gymnast should demonstrate a tight, straight body shape through the movement and land with control.

REDUCE THE CHALLENGE

Gymnasts can practise handspring drills such as handstand falls or a coach can provide full support through the movement, to ensure correct technique and build confidence.

INCREASE THE CHALLENGE

Gymnasts can aim to perform the handspring with less assistance, focusing on a stronger push through the shoulders and a more dynamic flight phase. They could also connect the handspring into other skills.





7. VAULT - RUN - HANDSPRING OVER A BLOCK

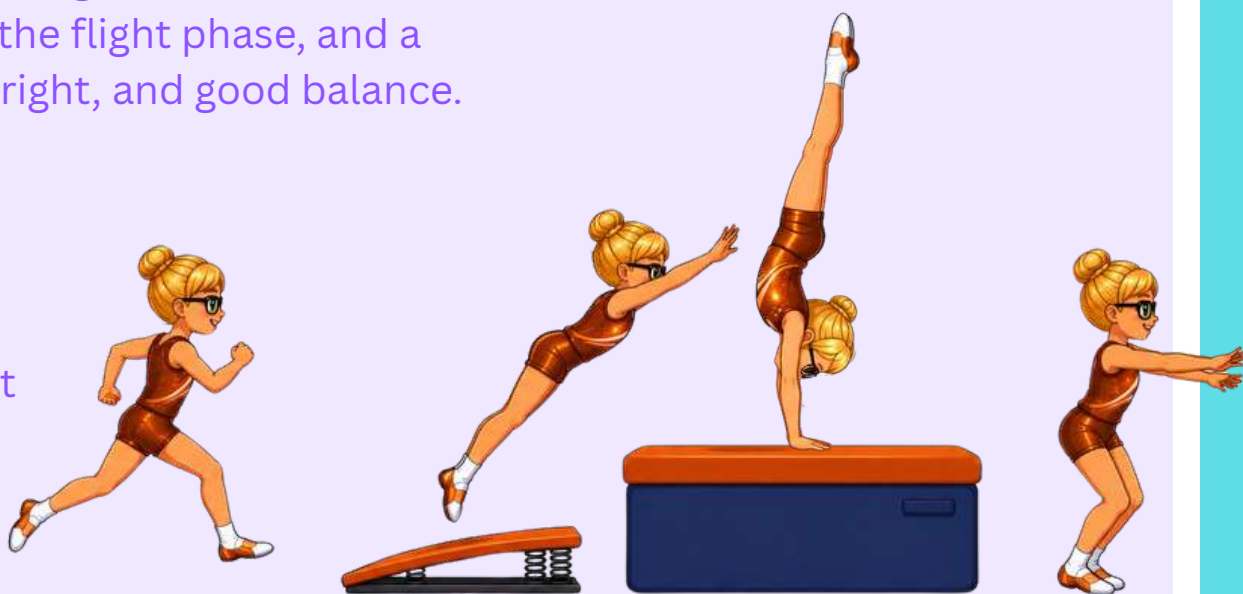
Gymnasts should perform a controlled run-up, jump onto the springboard, place their hands on the block, and complete a handspring over, landing on their feet. Coaches should look for a strong, consistent run, correct take-off, and straight arms on contact with the block. The gymnast should demonstrate a clear push through the shoulders (block phase), a tight, straight body shape through the flight phase, and a controlled landing with bent knees, chest upright, and good balance.

REDUCE THE CHALLENGE

Gymnasts can perform handspring to flat lie onto stacked mats before progressing over a block. A lower block can be used to reduce height and distance, and a coach can support through the movement to build confidence and correct technique.

INCREASE THE CHALLENGE

The height of the block can be increased, and gymnasts can focus on a controlled “stick” landing.



8. VAULT - RUN - FRONT SOMI ONTO MATS (ASSISTED)

Gymnasts should perform a controlled run-up, jump onto the springboard, and execute a front somersault onto mats with assistance. Coaches should look for a strong, consistent run, correct hurdle and take-off, and a clear arm action to generate lift and rotation. The gymnast should demonstrate a tight body shape in the air, with controlled rotation and a safe, supported landing onto the mats.

REDUCE THE CHALLENGE

Gymnasts can practise preparation skills such as take-off arm throw drills, jumps into dish/tuck onto mats, and front somi preps from a stand or jump on the board. A coach can provide extra support through the rotation and landing to build confidence and correct technique.

INCREASE THE CHALLENGE

The height of the mats can be lifted slightly, and assistance reduced as control improves.





9.BEAM - ROUND OFF DISMOUNT FROM LOW BEAM

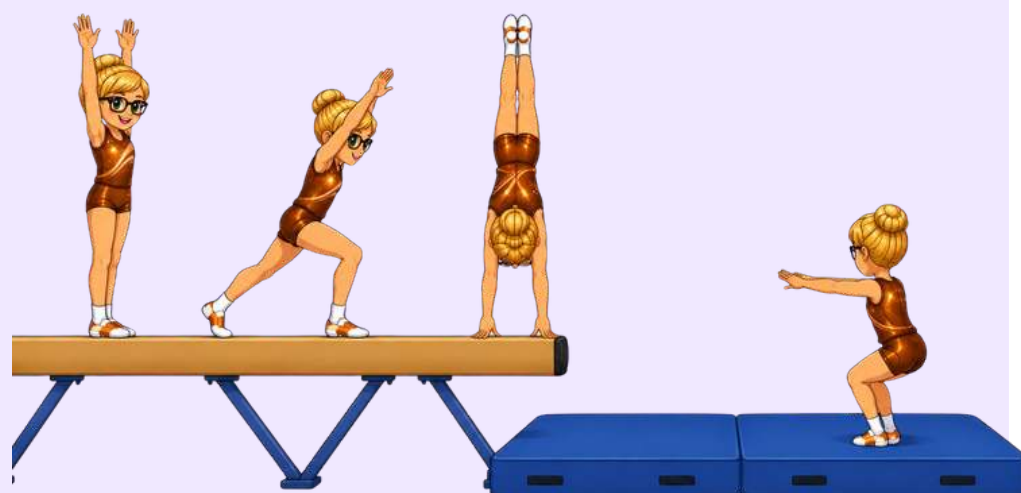
Gymnasts should start in a strong lunge position on the beam with arms by their ears, then place their hands on the beam and perform a round off dismount, driving their legs over to land on the floor. Coaches should look for correct lunge technique at the start, and straight arms and legs. The gymnast should demonstrate a clear snap down of the legs together, good body alignment through the inverted phase, and finish with a controlled landing.

REDUCE THE CHALLENGE

Gymnasts can receive assistance from a coach to gain understanding and confidence in the skill. They can also practice the skill on the floor or off a floor beam.

INCREASE THE CHALLENGE

if the gymnast is confident and safe they can move the skill up to the high beam.



10.BARS - .BACKWARD HIP CIRCLE (NO CAST) (ASSISTED) (HOLDING DISH)

Gymnasts should start in a front support position on the bar and perform (lifting high in the shoulders) a backward hip circle with assistance, keeping their hips in contact with the bar throughout. Coaches should look for straight arms, a secure grip, and a tight dish shape, with the gymnast maintaining body tension as they rotate backwards around the bar. The movement should be controlled and continuous, finishing back in front support with good alignment.

REDUCE THE CHALLENGE

Gymnasts can practise holding a strong front support with high shoulders on the bar before attempting the circle and the movement can be broken down into small backward leans and partial circles to build confidence.

INCREASE THE CHALLENGE

Gymnasts can aim to perform the circle with less assistance while maintaining a tight dish shape and control. They could also focus on a smoother, more continuous rotation, or add a small cast at the beginning.

