



1. BACKWARD ROLL TO STRADDLE

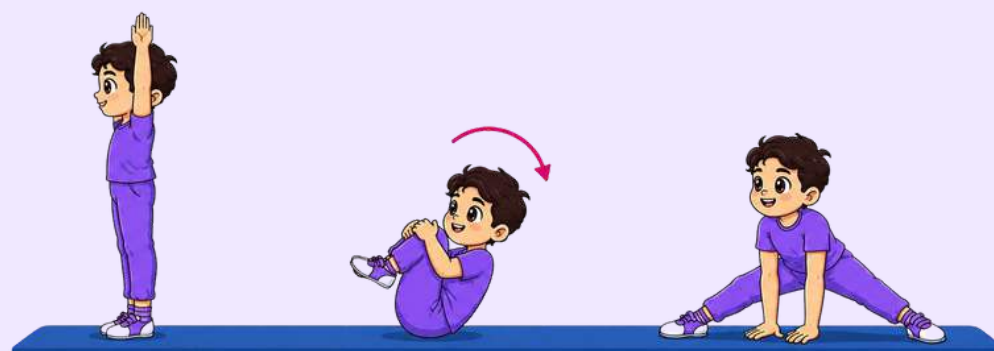
Gymnasts should perform a backward roll, opening their legs into a straddle position as they pass through the inverted phase and finishing in a controlled straddle stand. Coaches should look for a tight tuck at the start, correct hand placement by the ears, and a rounded back to support a smooth roll. As the gymnast rolls, they extend their legs evenly into a clear straddle, demonstrating control and coordination, and finish balanced with good posture.

REDUCE THE CHALLENGE

Gymnasts can practise the backward roll on a slope or wedge to assist momentum, or perform the movement with support from a coach. They can also work on the straddle shape separately.

INCREASE THE CHALLENGE

Gymnasts can aim to finish in a front support position instead of a straddle, showing strong control and coordination. They could also try performing the backward roll with straight arms, focusing on a more advanced and controlled technique throughout the movement.



2. DIVE ROLL TO A SAFETY MAT

Gymnasts should perform a controlled run-up, take off into a forward dive, place their hands onto the mat, and transition smoothly into a forward roll. Coaches should look for a controlled run, a safe and confident take-off, correct hand placement, and a tucked chin to protect the head and neck. The gymnast should demonstrate a rounded back, a smooth rolling action over the shoulders, and finish in a balanced position with control.

REDUCE THE CHALLENGE

Gymnasts can reduce the speed of the run or start from a small step or jog. They can practise forward rolls first. A coach can also guide the action to ensure correct technique and build confidence.

INCREASE THE CHALLENGE

Gymnasts can increase the speed of the run-up and aim for a longer, more extended dive while maintaining control and safety. They could also focus on a smooth, continuous roll, or add obstacles to dive over to develop confidence and coordination.





3. HEADSTAND WITH STRAIGHT LEGS

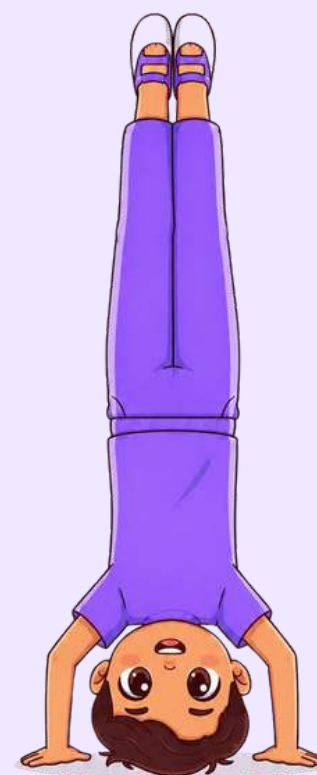
Gymnasts should perform a headstand with legs straight and together, supporting their body weight through the head and hands in a stable tripod position. Coaches should look for correct hand and head placement, straight legs with pointed toes, and a controlled lift into the position. The gymnast should demonstrate good body alignment, core engagement, and the ability to hold the position with balance and control.

REDUCE THE CHALLENGE

Gymnasts can start in a tucked position before extending their legs, or use support from a coach to guide the lift and maintain balance. Practising the tripod position or using a wall or block for support can also help build confidence and correct alignment.

INCREASE THE CHALLENGE

Gymnasts can aim to hold the position for longer with strong control, or move into the headstand with straighter legs from the start. They could also try controlled shape changes (e.g. straddle to straight).



4. CARTWHEEL WITH 1/4 TURN INWARDS

Gymnasts should perform a cartwheel and finish with a ¼ turn inwards, adjusting their body to face opposite to the starting position at the end of the skill. Coaches should look for strong hand placement, straight arms, and a clear split position as the legs pass over. The gymnast should demonstrate good coordination, with one leg leading and the other following, and control the rotation to finish balanced with correct body alignment.

REDUCE THE CHALLENGE

Gymnasts can practise a standard cartwheel first, then add a small turn on the landing. Floor markers can be used to guide direction, and a coach can support to help with alignment and coordination.

INCREASED THE CHALLENGE

They could also perform the skill along a line to practice on keeping the cartwheel in a straight line ready for beam.





5. BACK BEND

Gymnasts should perform a controlled back bend from standing, reaching backwards to place their hands on the floor and forming a bridge position. Coaches should look for straight arms, open shoulders, and a smooth, controlled movement into the position. The gymnast should demonstrate a strong arch through the back, with feet flat, knees hip-width apart, and good control throughout the movement.

REDUCE THE CHALLENGE

Gymnasts can perform the back bend with support from a coach or reach back onto a surface such as a block. They can also practise bridge positions on the floor or smaller back bends to build flexibility and confidence.

INCREASE THE CHALLENGE

The Gymnast can work towards pushing their shoulders over their hands in the bridge, they can also work towards a kick over or to stand back up after the bridge.



6. VAULT - RUN - STRADDLE ONTO A BLOCK

Gymnasts should perform a controlled run-up, place their hands on the block, and jump to bring their legs into a straddle position onto the block. Coaches should look for a consistent run, strong hand placement, and a clear straddle shape as the legs move apart and come onto the block. The gymnast should demonstrate coordination and control, landing securely on the block with balance and confidence.

REDUCE THE CHALLENGE

Gymnasts can start closer to the block or reduce the speed of the run-up, or use a lower block to build confidence and understanding of the movement.

INCREASE THE CHALLENGE

The height of the block can be increased to encourage a stronger take-off, or they can focus on a smooth, continuous movement with no pause to develop coordination and control.





7. VAULT - HANDSTAND FALL TO FLAT LIE - ASSISTED (ONTO MAT)

Gymnasts should kick up into a handstand and, with assistance, fall forward in a controlled manner to land flat on their back on a mat. Coaches should look for straight arms, and shoulders pushed tall in the handstand. The gymnast should maintain a straight body shape as they tip forward, showing control through the fall and keeping the body extended, landing safely in a flat (tight) position on the mat.

REDUCE THE CHALLENGE

Gymnasts can practise the movement with full support from a coach, who can guide the fall and control the speed of the descent. They can also practise falling from a supported handstand position (e.g. feet on a block or wall) to build confidence and correct shape.

INCREASE THE CHALLENGE

Gymnasts should aim to perform the movement with less assistance, working towards completing the fall independently with control. Focus can be placed on maintaining a strong, straight body shape and controlling the descent from the handstand into the flat landing.



8. BEAM - CARTWHEEL ON LOW BEAM (ASSISTED)

Gymnasts should perform a cartwheel along a low beam with assistance from a coach, placing their hands one at a time on the beam and passing through a split-leg position. Coaches should look for strong hand placement, straight arms, and a clear sideways movement with one leg leading and the other following.

REDUCE THE CHALLENGE

Gymnasts can practise the cartwheel on the floor or along a line before progressing to the beam. A coach can provide support to guide the movement.

INCREASE THE CHALLENGE

Gymnasts can aim to perform the cartwheel with less assistance while maintaining control and alignment on the beam.





9. BARS - STRADDLE SWINGS UNDER THE BAR

Gymnasts should place their feet on the bar in a straddle position and hold the bar with straight arms. From this position, they perform controlled swings underneath the bar while keeping their feet in contact with the bar throughout (coaches will need to initiate the swing). Coaches should look for a secure grip, straight arms, and active shoulders, with a clear straddle shape (legs apart and extended).

REDUCE THE CHALLENGE

Gymnasts can use a lower bar or receive support from a coach to help lift their feet into the straddle position. They can practise holding the position first before adding small swings, focusing on maintaining contact and control.

INCREASE THE CHALLENGE

Gymnasts can aim to increase the size of the swings while keeping their feet on the bar. They could also focus on straighter legs, pointed toes, and smoother movement.



10. BAR - UPWARDS CIRCLE USING BLOCK (ASSISTED)

Gymnasts should start with their feet on a block and hands on the bar, then perform an upwards circling action around the bar with assistance from a coach to finish in front support. Coaches should look for the gymnast bringing their hips towards and around the bar.

REDUCE THE CHALLENGE

Gymnasts can use a higher block to reduce the effort needed to initiate the circle, and receive support from a coach to guide the hips and maintain correct shape. The movement can also be broken down into smaller parts to build confidence and understanding.

INCREASE THE CHALLENGE

Gymnasts can aim to perform the circle with less assistance while maintaining a tight shape and control. The block can be slightly lowered or removed to increase the challenge, and focus can be placed on a smoother, more continuous circling action around the bar.

