



1. TUCK ROCKS BACKWARDS AND FORWARDS TO STAND (WITHOUT HANDS)

Gymnasts should begin in a tight tuck position, rocking smoothly backwards onto their shoulders and then forwards to return to standing without using their hands. Coaches should look for a controlled rocking motion, a tight tuck shape, chin tucked, good balance, and the ability to generate enough momentum to stand up independently. The movement should be fluid and controlled, with the gymnast finishing in a stable standing position.

REDUCE THE CHALLENGE

Gymnasts can hold the front of their knee's to assist with the rocking motion and standing.

INCREASE THE CHALLENGE

Gymnasts can aim to stand up more quickly or add multiple continuous rocks before standing. They could also try holding an object (like a bean bag) between their knees to maintain a tight tuck, or turn it into a game such as "who can stand the fastest without hands".



2. BUNNY HOP OVER SIDE TO SIDE OVER OBSTACLE

Gymnasts should perform small, controlled bunny hops side to side over a low obstacle, keeping their feet together and using both hands for support. Coaches should look for bent knees, strong hand placement, coordinated take-off and landing, and consistent rhythm. The gymnast should demonstrate control, balance, and safe technique, with both feet leaving and landing together on each side of the obstacle.

REDUCE THE CHALLENGE

Reduce the height or width of the obstacle, or allow the gymnast to pause between each hop to reset. They can also practise the movement without an obstacle first or step side to side before progressing to hopping. Additional support or guidance can be given to help with hand placement and timing.

INCREASE THE CHALLENGE

Increase the height or width of the obstacle, or encourage quicker, continuous hops with minimal pauses. Gymnasts could complete a set number of hops in a row, travel along a line of obstacles, or turn it into a game such as timed challenges or relay races.





3. FALLING TREE INTO LUNGE (ARMS TO EARS) (HANDSTAND PREP)

Gymnasts should begin standing tall with arms held by their ears, then lean forward in a straight body position (like a “falling tree”) and step into a controlled lunge. Coaches should look for a strong, straight body line (no bending at the hips), arms staying by the ears throughout, a controlled forward lean, and a stable lunge finish with front knee bent, back leg straight, and good balance. The movement should show control, alignment, and preparation for handstand entry.

REDUCE THE CHALLENGE

Gymnasts can perform a smaller lean forward or step into the lunge earlier for more control. They can practise the lunge position separately or use a tall block or coach support to help maintain correct body alignment and arm position.

INCREASE THE CHALLENGE

Gymnasts can increase the length of the lean before stepping into the lunge, hold the finishing lunge for a set time, or progress to placing hands on the floor to move towards a handstand.



4. BACKWARD ROLL DOWN A SLOPE

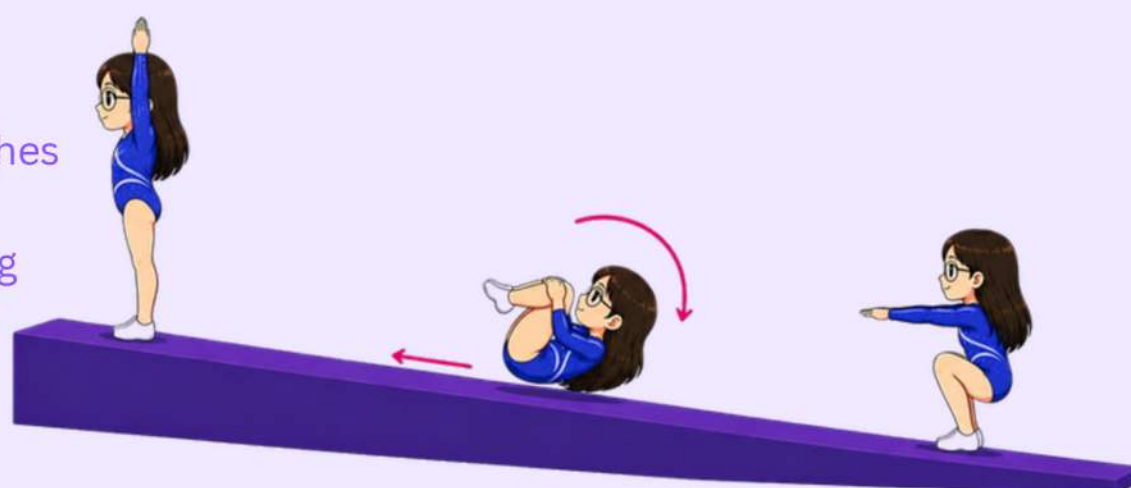
Gymnasts should perform a backward roll down a slope or wedge, starting from a tucked sitting position and rolling smoothly over their shoulders to finish on their feet or in a controlled squat/stand. Coaches should look for a tight tuck shape (knees pulled in, chin tucked), hands placed correctly by the ears ready to push, and a rounded back to support a smooth rolling action.

REDUCE THE CHALLENGE

Use a steeper wedge to help generate momentum and allow the gymnast to roll to their back or knees instead of standing. Coaches can provide physical support through the movement or guide hand placement. Breaking the skill down into rocking and rolling phases can also help build confidence.

INCREASE THE CHALLENGE

Reduce the slope to perform the roll on a flatter surface, aiming to finish standing without pause.





5. STRETCH JUMP TO LAND IN SAFETY STOP

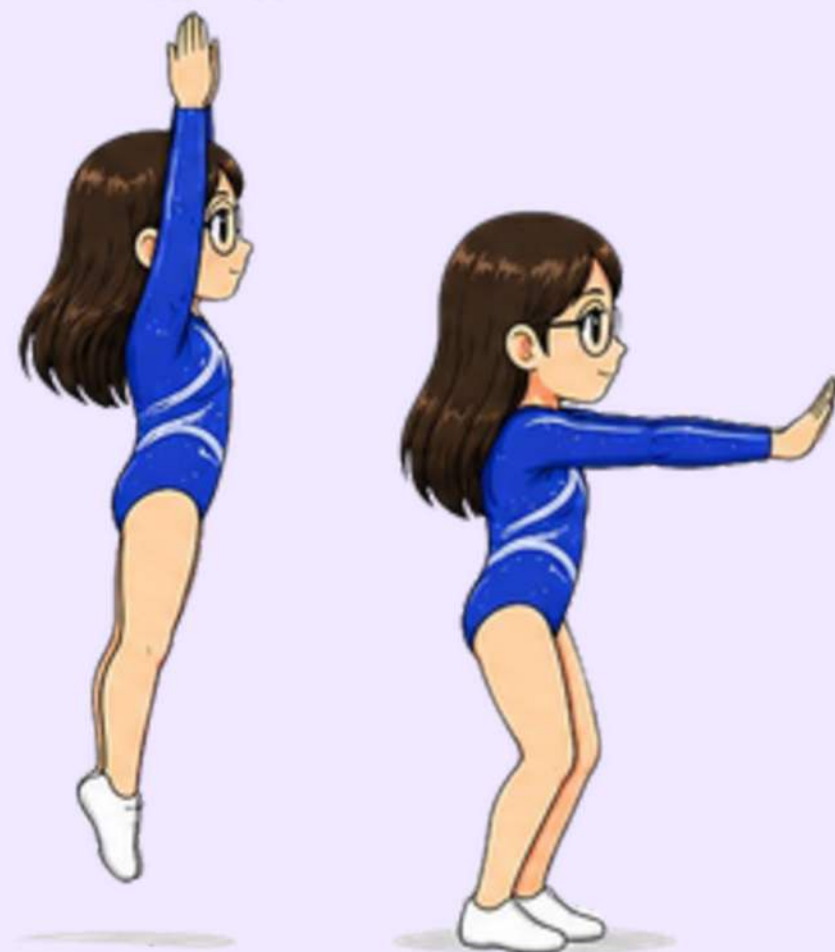
Gymnasts should perform a straight (stretch) jump, taking off with two feet and landing in a controlled safety stop position. Coaches should look for a strong take-off with straight legs and pointed toes, arms reaching upwards, and a straight body shape in the air. On landing, the gymnast should bend their knees to absorb impact, keep their chest upright, and hold a stable safety stop position with control and balance.

REDUCE THE CHALLENGE

Gymnasts can practise small jumps focusing on controlled take-off and landing.

INCREASE THE CHALLENGE

Gymnasts can aim for greater height in the jump, hold the safety stop for longer, or perform repeated jumps with consistent technique.



6. BALANCE ON ONE LEG (STRAIGHT LEGS) (STALK BALANCE)

Gymnasts should balance on one leg, keeping the supporting leg straight while lifting the other leg with the knee fully extended. Coaches should look for good posture (upright body, eyes forward), straight legs, controlled arm position, and the ability to hold the balance steadily without wobbling or stepping.

REDUCE THE CHALLENGE

Gymnasts can lift the free leg only slightly off the floor or keep their toes lightly touching for support. Arms can be placed out wide, and the balance can be held for a shorter time. Practising near a wall or with light support can also help build confidence.

INCREASE THE CHALLENGE

Gymnasts can lift the free leg higher while keeping it straight with pointed toes, hold the balance for longer, or perform it on a low beam. Adding arm positions, small movements, or turning it into a game such as “freeze balance” or “who can hold the longest without wobbling” can increase difficulty and engagement.





7. VAULT - RUN → 1-FOOT TAKE-OFF → LAND ON 2 FEET ON THE SPRINGBOARD → STOP WITH ARMS BEHIND.

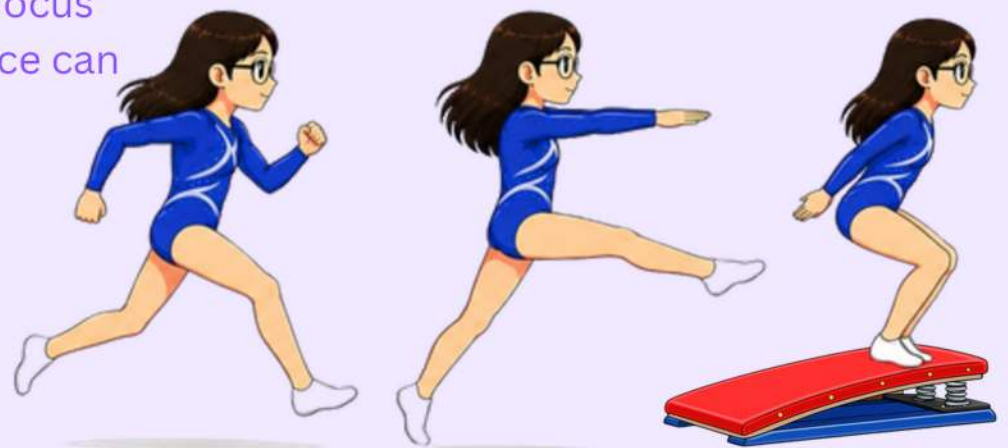
Gymnasts should perform a controlled run-up, taking off one foot to land on two feet together on the springboard, finishing in a stable stopped position with arms held behind. Coaches should look for a consistent run, a strong and coordinated take-off from one foot, feet landing together on the board, and a controlled stop without extra steps. The gymnast should demonstrate good body control, bent knees on landing to absorb impact, and maintain balance with arms held behind.

REDUCE THE CHALLENGE

Reduce the speed of the run-up or practise from a smaller step or jog. Gymnasts can rehearse the jump onto a floor marker before progressing to the springboard, and focus on stopping and holding balance. Additional guidance can be given to help with timing and coordination.

INCREASE THE CHALLENGE

Increase the length or speed of the run-up, or add a target to land on the springboard. Gymnasts can aim to “stick” the landing with no movement.



8. VAULT - FROM STANDING STRETCH JUMP TO SAFETY LANDING (OFF SPRINGBOARD)

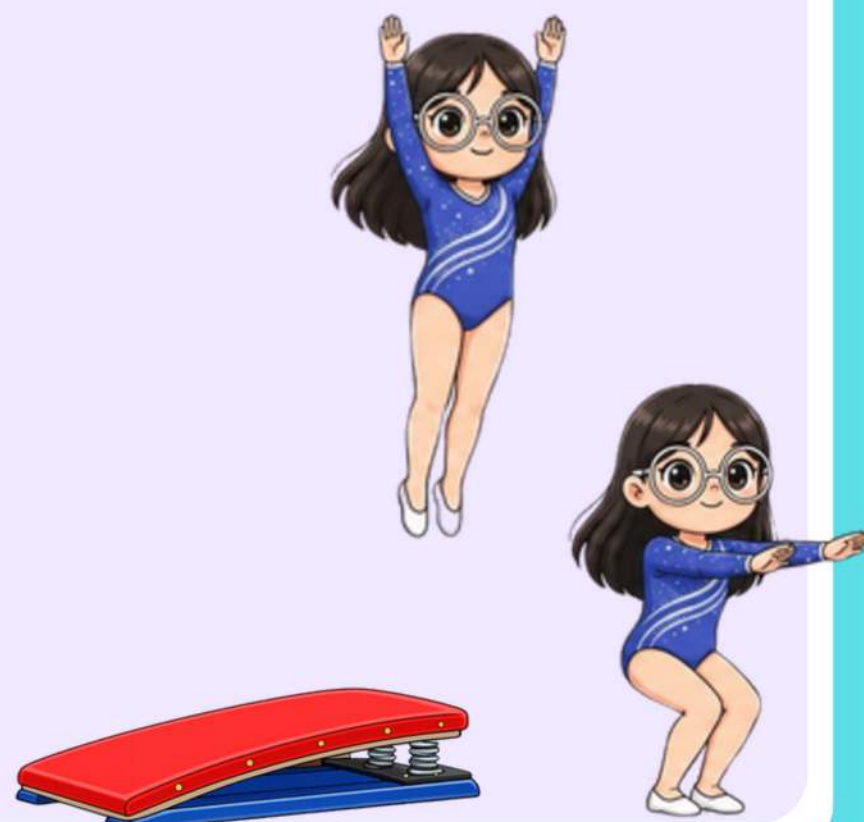
Gymnasts should start from a standing position with bent knees and arms behind on the springboard, perform a stretch jump, and land safely on the mat in a controlled safety landing. Coaches should look for a strong take-off with straight legs and full extension through the body, arms reaching up by the ears, and a straight shape in the air. On landing, gymnasts should bend their knees to absorb impact, and show control by holding a stable safety landing without extra steps.

REDUCE THE CHALLENGE

Gymnasts can practise the stretch jump on the floor before progressing to the springboard, or use a lower board and softer landing surface. They can also focus on smaller jumps and controlled landings, with guidance on arm position and body shape.

INCREASE THE CHALLENGE

Gymnasts can aim for greater height and a stronger rebound off the board, or hold their landing for longer without movement. Adding targets to land on, combining the jump into a short sequence, or turning it into a game such as “stick the landing” or team challenges can increase engagement.





9.BEAM - WALKING ON TIP TOES ON BEAM OR BENCH

Gymnasts should walk along the beam or bench on their tiptoes, keeping their heels lifted throughout. Coaches should look for good posture (upright body, eyes forward), control and balance, arms used effectively for stability, and small, precise steps. The gymnast should demonstrate confidence, steady movement, and the ability to maintain height through the ankles without dropping their heels.

REDUCE THE CHALLENGE

Gymnasts can practise on a wider surface such as a bench or floor line, or walk with heels only slightly lifted. Arms can be placed out wide for balance, and they may pause between steps or receive light support if needed.

INCREASE THE CHALLENGE

Gymnasts can perform the walk on a narrow beam, or carry a small object while walking. Adding stops, turns, or challenges such as “who can stay on tiptoes the whole way” stepping over objects whilst staying on tip toes.



10.BARS - X3 CHIN UPS (ASSISTED)

Gymnasts should perform three assisted chin-ups on the bar, starting from a hanging position and pulling their chin up to (or above) the bar each time. Coaches should look for a secure grip, engaged shoulders, and an active pull using the arms and upper body rather than swinging. The gymnast should show control throughout, with assistance used appropriately to support the movement while still encouraging effort from the gymnast.

REDUCE THE CHALLENGE

Gymnasts can use additional support from a coach, resistance bands, or a block under their feet. They can also practise holding a chin-above-bar position or perform smaller pulls to build strength gradually.

INCREASE THE CHALLENGE

Reduce the level of assistance, aim for smoother and more controlled repetitions, or add a hold at the top of each chin-up. This can also be turned into a game, such as counting total reps as a group or setting small challenges like “hold your chin at the bar the longest.

