



1. FORWARD ROLL (FLOOR)

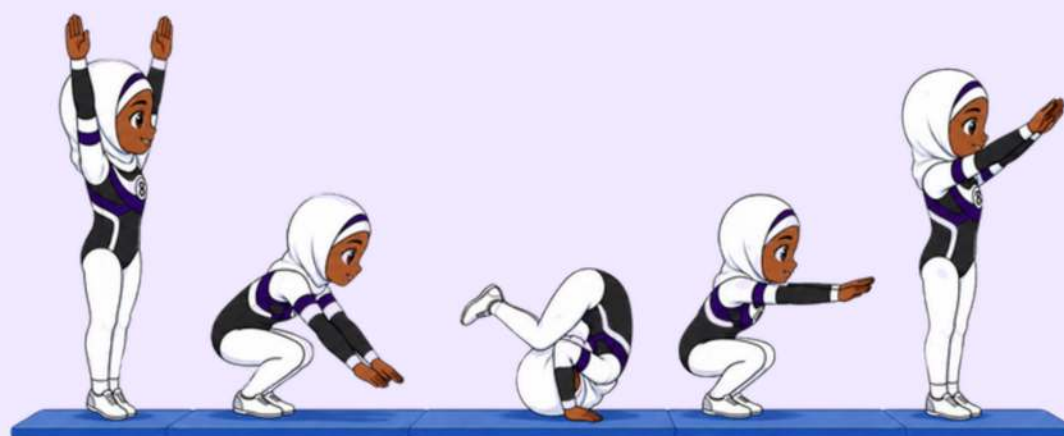
The gymnast starts in a standing position with straight arms extended above the head. They rise onto their toes, as the body lowers to a controlled crouched position, arms lower to horizontal. The hands are placed on the floor in front of the body, the hips lift, and the chin is tucked firmly to the chest. The gymnast then rolls smoothly over their shoulders/back then tucks their legs to stand. The coach should look for the gymnast tucking their chin in, placing their hands correctly, rolling smoothly over their shoulders/back and keeping control throughout. The gymnast should not roll onto the top of their head.

REDUCE THE CHALLENGE

Start on a soft mat or slight incline to help the gymnast roll. They can begin from a crouched position and use support from the coach if needed.

INCREASE THE CHALLENGE

Gymnasts can link multiple rolls together, or perform the roll with increased control and speed. Turning it into a relay or game can help keep the activity engaging.



2. X2 BUNNY HOPS

The gymnast should place both hands on the floor and complete two bunny hops, jumping both feet off the floor together. They should keep their hands still, push through their arms, and bring their feet up towards their hands with control. The coach should look for both feet jumping together, hands staying on the floor. The gymnast should show good coordination and try to keep their weight supported through their arms.

REDUCE THE CHALLENGE

Gymnasts can practise a single bunny hop first or pause briefly between hops before progressing to connected movements. Reducing the distance of each hop or providing guidance on timing and hand placement can also support learning.

INCREASE THE CHALLENGE

Gymnasts can increase the number of connected hops, travel forward or sideways, or perform the hops over small markers or obstacles. Turning it into a game, such as “who can do the most connected sequence,” can increase engagement and difficulty.





3. KICK UP TO HANDSTAND LIFTING ONLY ONE LEG OFF THE FLOOR

Gymnasts should kick up from a lunge position, placing their hands on the floor and lifting one leg up towards a handstand while the other leg follows but remains on or close to the floor. Coaches should look for strong arm support, straight arms, shoulders pushed tall, and a controlled kick with the leading leg straight. The gymnast should show good body alignment, with hips lifting over the shoulders, and maintain control rather than over-kicking.

REDUCE THE CHALLENGE

Gymnasts can focus on small, controlled kicks with the back leg staying low, or receive support from a coach to guide their legs and body position.

INCREASE THE CHALLENGE

Gymnasts can briefly lift the second foot off the floor. They can also try holding the position for a moment, or turn it into a game such as “who can reach the highest handstand” or kicking to touch a target.



4. STAR JUMP TO SAFETY STOP

Gymnasts should perform a star jump, taking off with two feet and opening their arms and legs out to the sides in the air, before landing in a controlled safety stop position. Coaches should look for a strong take-off, clear star shape in the air (arms and legs fully extended), and a controlled landing with bent knees, chest upright, and good balance.

REDUCE THE CHALLENGE

Gymnasts can practise the star shape on the floor without jumping, or perform smaller jumps focusing on the landing. They can also use a softer surface and take time to reset between attempts to build confidence and control.

INCREASE THE CHALLENGE

Gymnasts can aim for greater height and a bigger star shape, or hold their safety stop for longer. They could also perform repeated jumps, or turn it into a game such as “stick the landing”.





5. TUCK JUMP TO SAFETY STOP

Gymnasts should perform a tuck jump, taking off with two feet and bringing their knees up towards their chest while in the air, before landing in a controlled safety stop position. Coaches should look for a strong take-off, knees lifting clearly upwards, a tight tuck shape with knees to chest, and good use of arms to support the jump. On landing, the gymnast should bend their knees to absorb impact, keep their chest upright, and hold a stable safety stop without extra steps.

REDUCE THE CHALLENGE

Gymnasts can practise small jumps focusing on lifting both knees, or practice stretch jumps to begin with. A coach can also assist by supporting to skill.

INCREASE THE CHALLENGE

Gymnasts can attempt the skill from a block, trampette, bench or beam. They can also attempt to do more than one tuck jump in a row. Or work on precision, bringing knees to chest and pointing toes.



6. STRETCH JUMP ½

Gymnasts should perform a straight (stretch) jump, taking off with two feet and completing a controlled half turn (180°) in the air before landing facing the opposite direction. Coaches should look for a strong take-off, straight body shape with legs together and toes pointed, and arms used effectively to initiate and control the turn. The gymnast should demonstrate control in the air and land with bent knees, chest upright, and a stable finish without extra steps.

REDUCE THE CHALLENGE

Gymnasts can practise straight jumps first, then add a small quarter turn before progressing to a half turn. They can also mark the turn on the floor or perform the movement more slowly to focus on control and coordination.

INCREASE THE CHALLENGE

Gymnasts can aim for greater height and a sharper, more controlled turn, or hold their landing for longer. They could also link multiple turning jumps together, perform on different surfaces, or turn it into a game such as “land facing the target” or “stick the landing challenge.”





7. VAULT - RUN AND STRETCH JUMP FROM SPRINGBOARD (SAFETY LANDING)

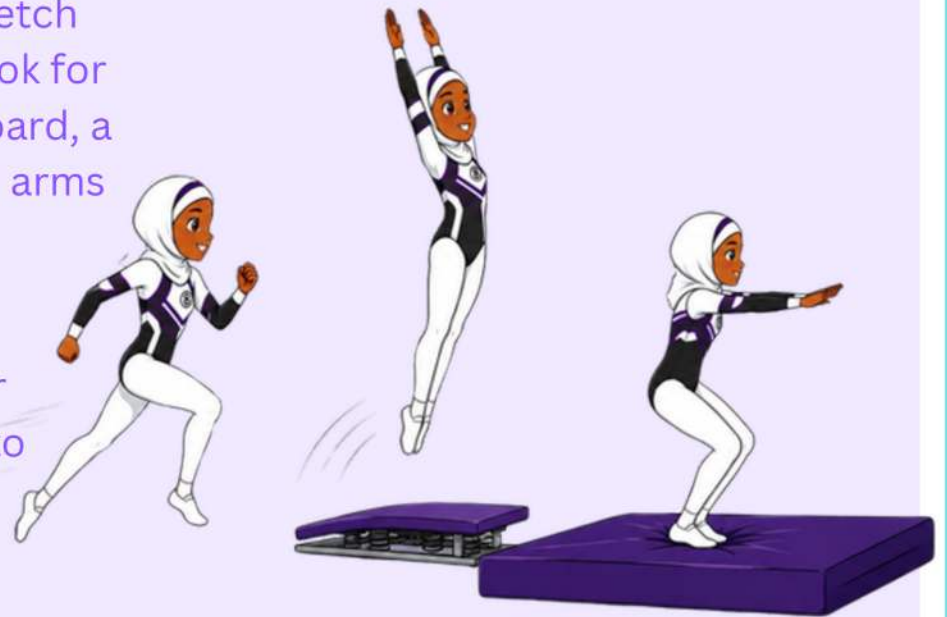
Gymnasts should perform a controlled run-up, jump from one foot to two feet onto the springboard, and complete a stretch jump before landing safely on the mat. Coaches should look for a consistent run, a strong two-footed take-off from the board, a straight body shape in the air (legs together, toes pointed, arms by the ears), and a controlled safety landing.

REDUCE THE CHALLENGE

Gymnasts can reduce the speed or length of the run-up, or practise the stretch jump on the floor before progressing to the springboard. Using a lower board or softer landing surface can also help build confidence and control.

INCREASE THE CHALLENGE

Gymnasts can increase the speed of the run-up and aim for greater height and a stronger rebound from the board. They can work on “sticking” the landing, hold the finish for longer.



8. VAULT - FROM STANDING TUCK ONTO LOW BLOCK

Gymnasts should start from a standing position in front of a low block, place their hands on the block, and jump to bring both feet up into a tucked position onto the block. Coaches should look for strong hand placement, a coordinated two-foot take-off, and knees lifting towards the chest into a clear tuck. The gymnast should demonstrate control and balance, landing both feet securely on the block with hands supporting, and maintaining a stable position.

REDUCE THE CHALLENGE

Gymnasts can use a lower block. Coaches can assist with lifting or guiding the movement, and extra focus can be placed on correct hand placement and confidence.

INCREASE THE CHALLENGE

Gymnasts can aim to bring their feet up more quickly. They could also repeat the movement continuously or get the gymnast to stand up after the tuck on and bring their arms to their ears. They could also turn it into a game such as “how many tucks in a row” or include it as part of an obstacle course.





9. BEAM - STRETCH JUMP FROM LOW BEAM OR BENCH TO SAFETY LANDING

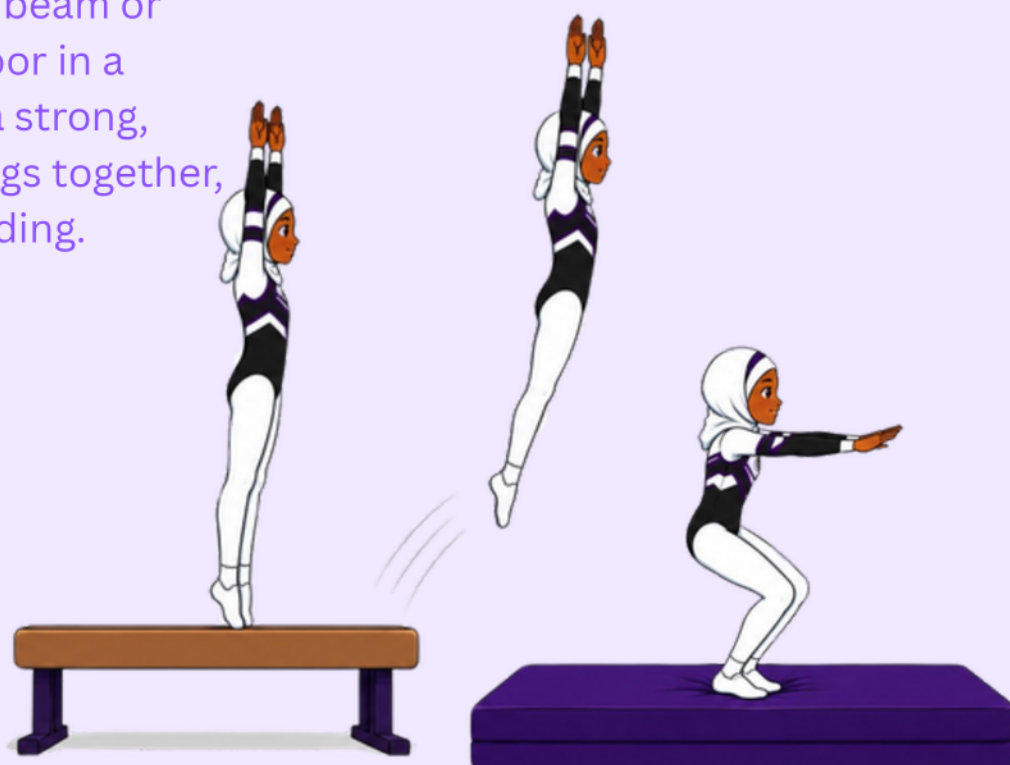
Gymnasts should perform a stretch jump from a low beam or bench, taking off with two feet and landing on the floor in a controlled safety position. Coaches should look for a strong, balanced take-off, a straight body shape in the air (legs together, toes pointed, arms by the ears), and a controlled landing.

REDUCE THE CHALLENGE

Gymnasts can perform the stretch jump on the floor first. Using a lower surface or softer landing area can also help build confidence and control.

INCREASE THE CHALLENGE

Gymnasts can aim for greater height and a stronger push from the beam, or hold their landing for longer without movement. They could also add shapes in the air, aim for a target on landing, or turn it into a game such as “stick the landing”.



10. BARS - LONG HANG TUCKED - LIFT TOES TO TOUCH BAR

Gymnasts should hang from the bar in a long hang position and lift their knees into a tucked shape, bringing their hips up to touch their toes to the bar. Coaches should look for a secure grip, straight arms, engaged shoulders, and a controlled tuck with knees lifting towards the chest. The gymnast should show good core strength and control, lifting the toes purposefully to the bar without excessive swinging.

REDUCE THE CHALLENGE

Gymnasts can receive support from a coach or a block under their feet. They can practise lifting knees towards the chest without reaching the bar, or perform the movement on a lower bar to build strength and confidence.

INCREASE THE CHALLENGE

Gymnasts can aim to lift their hips higher with no swing, hold the tuck position briefly at the top, or perform multiple repetitions in a row. This can be turned into a game, such as “how many toe touches in a set time” or a group challenge to encourage engagement.

