



1. STRETCH JUMP CONNECTED TO STAR JUMP

Gymnasts should perform a stretch jump immediately followed by a star jump with no pause between the two. Coaches should look for a strong take-off, a clear straight body shape in the stretch jump, and a quick, controlled transition into a well-defined star shape (arms and legs extended). The gymnast should demonstrate good rhythm, coordination, and control, landing safely at the end in a stable position with bent knees and no extra steps.

REDUCE THE CHALLENGE

Gymnasts can practise each jump separately before linking them together. They can pause briefly between jumps while learning the sequence, or reduce the height of the jumps to focus on shape and control.

INCREASE THE CHALLENGE

Gymnasts can try repeating the combination multiple times to build coordination and flow.



2. REBOUND JUMPS SIDE TO SIDE OVER A LINE

Gymnasts should perform continuous rebound jumps side to side over a line, taking off and landing on two feet each time with no pause between jumps. Coaches should look for quick, springy take-offs, feet staying together and pointed toes. The gymnast should demonstrate good control, rhythm, and coordination, with bent knees absorbing impact and a consistent side-to-side movement.

REDUCE THE CHALLENGE

Gymnasts can perform slower jumps with a pause between each one. They can also reduce the height and speed of the jumps while focusing on control and balance.

INCREASE THE CHALLENGE

Gymnasts can add a small obstacle to jump over instead of a line, increasing the height and challenge. They could also see how many jumps they can complete in a row without stopping, focusing on maintaining rhythm, control, and consistency throughout.





3. PIKED HANDSTAND (FEET ON RAISED BLOCK)

Gymnasts should place their hands on the floor and feet on a raised block, forming a piked handstand position with hips lifted above the shoulders. Coaches should look for straight arms, shoulders pushed tall, and a strong line through the upper body. The legs should remain straight with feet together on the block, and the gymnast should demonstrate good core engagement, control, and alignment throughout the hold.

REDUCE THE CHALLENGE

Coaches can provide support at the hips or shoulders to help the gymnast find and maintain the correct L-shape. Gymnasts can also hold the position for a shorter time or take time to reset between attempts while focusing on correct alignment.

INCREASE THE CHALLENGE

Gymnasts can aim to hold the position for longer with minimal support. They could also try small controlled movements such as lifting one foot slightly or shifting weight through the hands, helping build strength and confidence towards a full handstand.



4. PONY HOPS (LEFT & RIGHT) (KNEES TO CHEST)

The gymnast starts with good posture, arms extended out to the side, and balances on one leg with the opposite knee lifted towards the chest. The gymnast then switches from one leg to the other in a controlled hopping action, keeping the lifted knee high throughout the movement. Coaches should look for balance, coordination, rhythm, and strong body tension.

REDUCE THE CHALLENGE

Support from a coach can be used where needed, or the gymnast can use a block, or ballet bar for additional balance. The movement can be performed more slowly with pauses between each leg change.

INCREASE THE CHALLENGE

Gymnasts should aim for continuous movement with no pauses between hops, maintaining the knee lifted high towards the chest throughout. Focus on pointed toes, improved height in the hop. They can also progress this to a cat leap.





5. VAULT - RUN - TUCK ONTO BLOCK - STRETCH JUMP OFF (SAFETY LANDING)

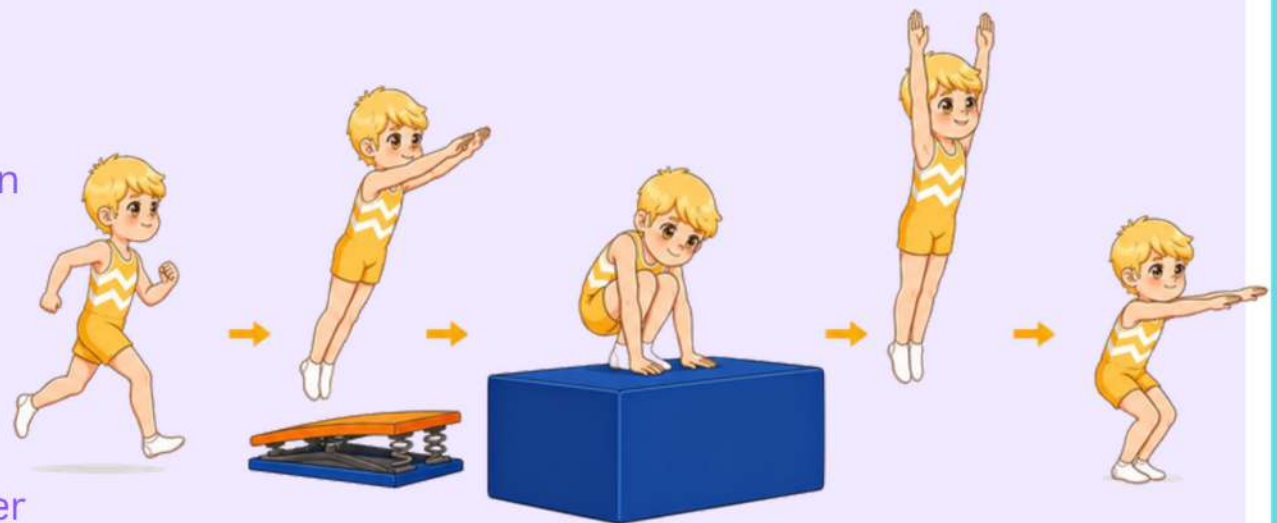
Gymnasts should perform a controlled run-up, place their hands on the block, and jump to bring both feet up into a tucked position onto the block. From there, they should perform a stretch jump off the block, landing on the mat in a controlled safety position. Coaches should look for a consistent run, strong hand placement, a clear and coordinated tuck onto the block, and a quick transition into a straight jump. In the air, the body should be straight with arms by the ears, followed by a controlled landing with bent knees, chest upright, and no extra steps.

REDUCE THE CHALLENGE

Gymnasts can slow the run-up or start closer to the block. Additional support from a coach can be used to guide the movement, and each phase (tuck on, then jump off) can be practised separately to build confidence and coordination.

INCREASE THE CHALLENGE

The height of the block can be increased to add difficulty and encourage a stronger tuck and push-off. Gymnasts can also play “stick it” games, focusing on landing.



6. VAULT - STRETCH JUMP FROM HIGH BLOCK TO LAND SAFELY

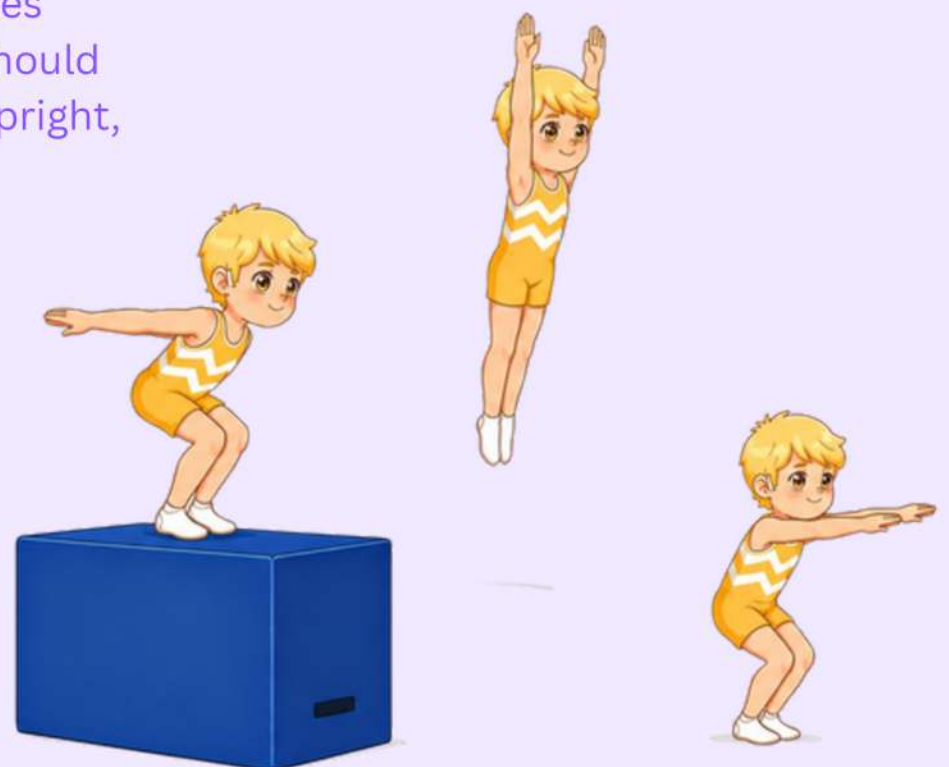
Gymnasts should stand on a high block and perform a stretch jump off, landing on the mat in a controlled safety position. Coaches should look for a strong push through both feet, and a clear straight body shape in the air (legs together, toes pointed, arms by the ears). On landing, the gymnast should bend their knees to absorb impact, keep their chest upright, and finish in a stable position without extra steps.

REDUCE THE CHALLENGE

Gymnasts can use support from a coach for confidence. A softer landing surface can also be used, and focus can be placed on controlled landings rather than height.

INCREASE THE CHALLENGE

The height of the block can be increased to encourage a stronger push-off and greater height in the jump. Gymnasts can also play “stick it” games, focusing on landing as still as possible, or aim to land on a specific target to improve accuracy and control.



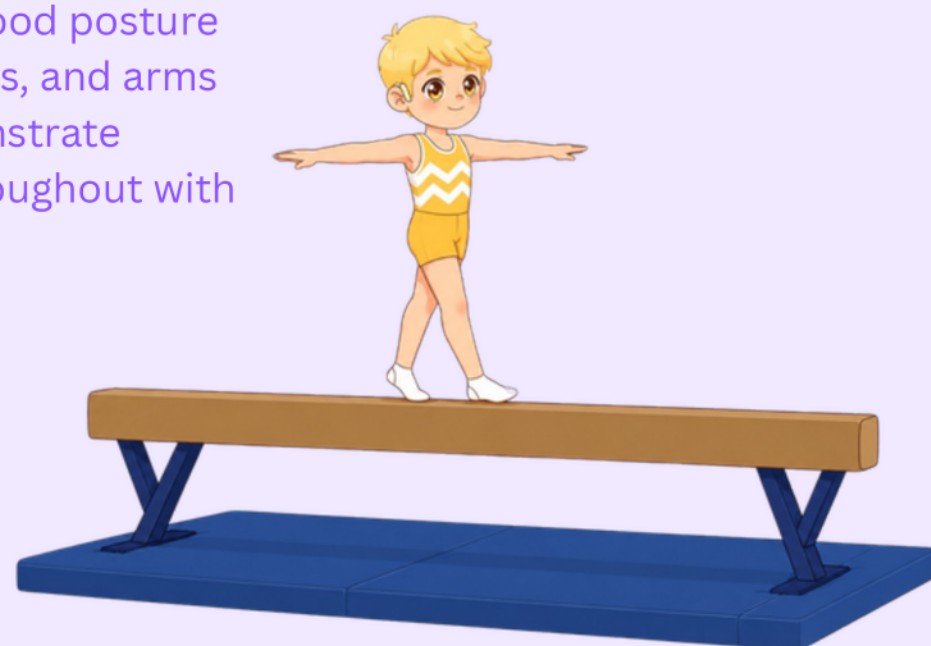


7. BEAM - WALK ALONG HIGH BEAM (UNASSISTED)

Gymnasts should walk confidently from one end of the high beam to the other without assistance. Coaches should look for good posture (upright body, eyes forward), controlled and steady steps, and arms used effectively for balance. The gymnast should demonstrate confidence, focus, and control, maintaining balance throughout with minimal wobbling and no need for support.

REDUCE THE CHALLENGE

Gymnasts can practise on a low beam, bench, or floor line before progressing to the high beam. Arms can be held out wide for balance, and pauses between steps can be allowed. A coach can stand nearby for reassurance without physically assisting.



INCREASE THE CHALLENGE

Gymnasts can aim to walk with smaller, more precise steps or hold different arm positions to challenge balance. They could also add controlled stops or changes in pace, or play “freeze” challenges where they must stop and hold their position on command.

8. BEAM - FORWARD ROLL ON LOW BEAM OR BENCH (ASSISTED)

Gymnasts should perform a forward roll along a low beam or bench with assistance from a coach. Coaches should look for correct hand placement, a tucked chin, and a rounded back to support a smooth rolling action. The gymnast should demonstrate control and confidence while maintaining alignment on the beam/bench, with appropriate support provided to ensure safety and correct technique throughout.

REDUCE THE CHALLENGE

Gymnasts can practise the forward roll on the floor or down a slope before progressing onto the beam or bench. Additional support from the coach can be given throughout the movement.

INCREASE THE CHALLENGE

Gymnasts can aim to perform the roll with less assistance while maintaining control and alignment on the beam/bench. Focus can be placed on a smoother, more continuous rolling action and a controlled finish.





9. BEAM - TUCK JUMP FROM LOW BEAM OR BENCH (LAND IN SAFETY STOP)

Gymnasts should perform a tuck jump from a low beam or bench, taking off with two feet and bringing their knees up towards their chest before landing on the floor in a controlled safety stop.

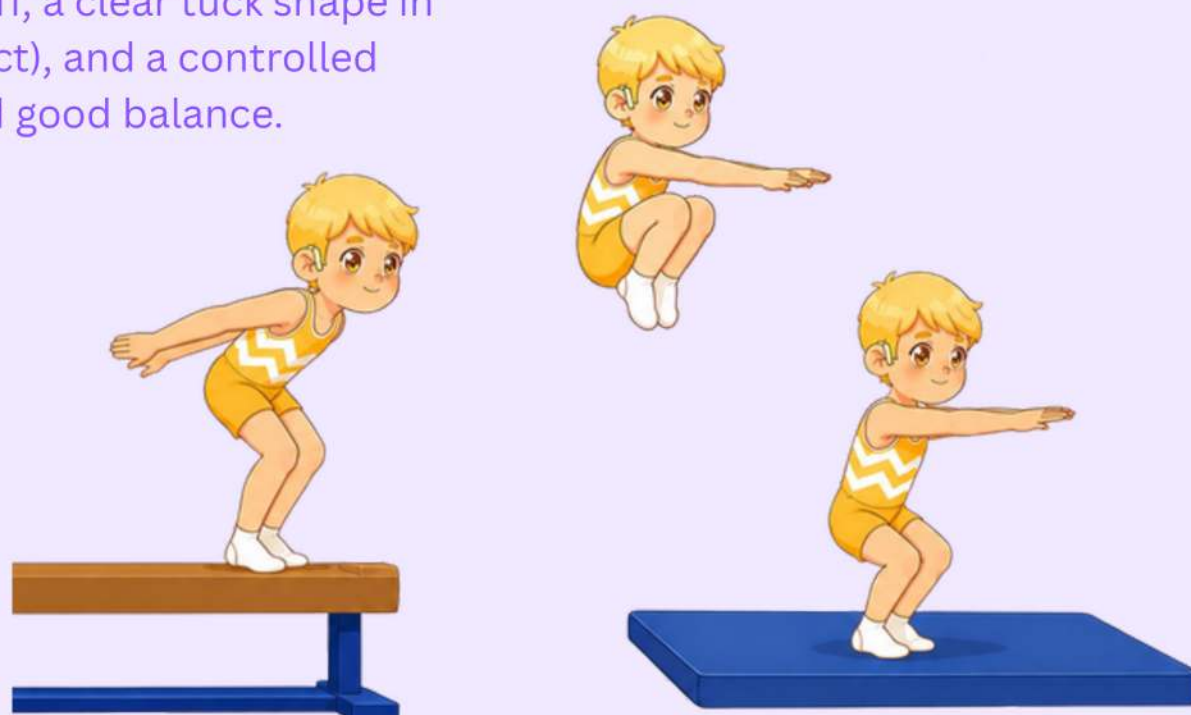
Coaches should look for a balanced take-off, a clear tuck shape in the air (knees lifting together, body compact), and a controlled landing with bent knees, chest upright, and good balance.

REDUCE THE CHALLENGE

Gymnasts can practise tuck jumps on the floor first. Using a lower surface or softer landing area can help build confidence, and they can pause before jumping to ensure control and correct positioning.

INCREASE THE CHALLENGE

Gymnasts can aim for greater height and a tighter tuck shape, or focus on “sticking” the landing with no movement.



10. BARS - FRONT SUPPORT - CIRCLE DOWN (ASSISTED)

Gymnasts should start in a front support position on the bar and perform a controlled forward circle down around the bar with assistance from a coach. Coaches should look for straight arms, a secure grip, and the hips staying on to the bar throughout the movement. The gymnast should maintain a tight body shape, with control as they rotate forwards and finish safely, demonstrating understanding of the movement pattern with appropriate support.

REDUCE THE CHALLENGE

Gymnasts can practise holding a strong front support position first, or perform small forward leans and partial circles with support. A coach can guide the movement throughout, supporting at the shoulder to help maintain correct shape and control.

INCREASE THE CHALLENGE

Gymnasts can aim to perform the circle with less assistance or alone. They could also link the movement into a sequence, helping to build confidence and control.

