IGA™ LEVEL FIVE! 5 BOUNCE

1. CATLEAP

Gymnasts should perform a cat leap, taking off from one foot and lifting one knee followed by the other into a bent knee position in the air, before landing with control. Coaches should look for a clear take-off, strong knee lift (both knees rising one after the other), and good coordination between arms and legs.

REDUCE THE CHALLENGE

Gymnasts can practise marching or stepping through the knee lift action before adding the leap. They can perform the movement with smaller height. Support or guidance can be provided to help with timing and technique.

INCREASE THE CHALLENGE

Gymnasts can aim for greater height and sharper knee lifts. They could also perform the skill in a sequence.

2. CHASSE (FORWARDS & SIDEWAYS)

Gymnasts should perform a chassé travelling forwards and sideways, stepping and jump to bring the feet together in a smooth, gliding action. Coaches should look for correct technique with the lead foot stepping out, the back foot closing neatly to meet it, and a light, continuous movement. The gymnast should demonstrate good posture (upright body, eyes forward), pointed toes where appropriate, and coordination between arms and legs, maintaining rhythm and control throughout.

REDUCE THE CHALLENGE

Gymnasts can practise the stepping pattern slowly, focusing on bringing the feet together each time. Coaches can help lift them in the air to give thme more time to focus on bringing the feet together in the air.

INCREASE THE CHALLENGE

Gymnasts can increase speed or height while maintaining control, or perform the chassé in different directions and patterns.

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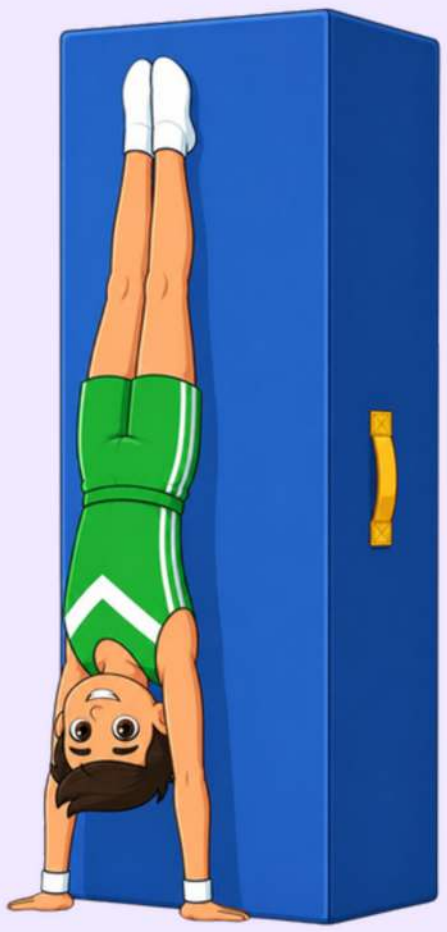
3. HANDSTAND AGAINST A BLOCK

Gymnasts should kick up into a handstand with their back supported against a block, maintaining a straight body position. Coaches should look for strong hand placement, straight arms, and shoulders pushed tall, with the body aligned through hands, shoulders, hips, and feet. Legs should be straight and together, with toes pointed, and the gymnast should demonstrate control and balance while holding the position.



REDUCE THE CHALLENGE

Gymnasts can kick up with support from a coach, or walk their feet up the block from a crouched position. They can hold the position for a shorter time and focus on correct alignment and body shape with guidance.

INCREASE THE CHALLENGE

Gymnasts can aim to hold the handstand for longer with minimal support, or lightly move away from the block while maintaining control. They could also try small controlled movements such as shifting weight through the hands to build strength and balance.

4. BRIDGE

Gymnasts should push up into a bridge position from the floor, with hands and feet placed firmly and the body lifted. Coaches should look for straight arms, open shoulders, and a strong arch through the back. Feet should be flat on the floor, keeping them close together and the gymnast should demonstrate control and stability while holding the position, with the head relaxed and looking towards the hands.

REDUCE THE CHALLENGE

Gymnasts can perform a bridge with support from a coach. They can also have feet wider to begin with.

INCREASE THE CHALLENGE

Gymnasts can aim to push their shoulders further over their hands to deepen the bridge, or hold the position for longer with good control. They could also try lifting one leg, walking hands or feet in and out. They can also do bridge walking that can be turned into a relay race.

5. HANDS ON BLOCK - KICK LEGS OVER ONE AT A TIME (CARTWHEEL PREP)

Gymnasts should place their hands on a block and kick their legs over one at a time, passing through a split-leg position as preparation for a cartwheel. Coaches should look for strong hand placement, straight arms, and shoulders pushed tall, with control as each leg lifts and passes over. The gymnast should demonstrate coordination, with legs moving one after the other (not together), and maintain good body tension and alignment throughout.

REDUCE THE CHALLENGE

Gymnasts can start with smaller kicks, focusing on lifting one leg at a time without fully passing over. A coach can support at the hips to guide the movement and help with coordination.

INCREASE THE CHALLENGE

Gymnasts can aim to lift their hips higher and create a clearer split position as the legs pass over. They could also try to move more continuously with less support.

6. VAULT - FROM A RUN - SQUAT ON - STAR JUMP OFF

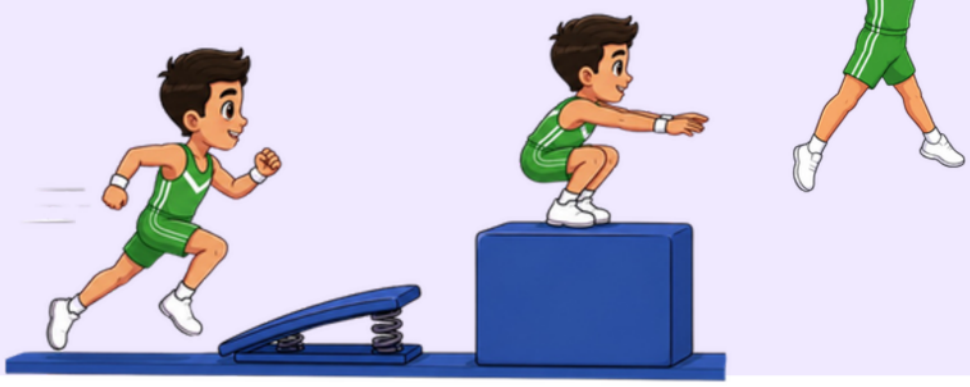
Gymnasts should perform a controlled run-up, place their hands on the block, and jump to bring both feet onto the block into a squat position. From there, they should perform a star jump off, opening their arms and legs in the air before landing safely on the mat. Coaches should look for a consistent run, strong hand placement, a controlled squat-on with both feet landing together, and a clear star shape in the air. The gymnast should finish with a safe landing, knees bent, chest upright, and good balance without extra steps.

REDUCE THE CHALLENGE

Gymnasts can slow the run-up or start closer to the block. They may pause in the squat position before performing the star jump off. Additional support from a coach can be used, and each phase (squat on, then jump off) can be practised separately to build confidence and coordination.

INCREASE THE CHALLENGE

Gymnasts can aim to connect the movement smoothly with no pause between the squat-on and star jump. The height of the block can be increased, or they can focus on a bigger, clearer star shape and a controlled “stick” landing



7. BEAM – FORWARD ROLL ON LOW BEAM OR BENCH (UNASSISTED)

Gymnasts should perform a forward roll along a low beam or bench without assistance, starting from a controlled position and rolling smoothly over their shoulders to finish in balance. Coaches should look for correct hand placement, a tucked chin, and a rounded back to support a continuous rolling action. The gymnast should maintain alignment along the beam/bench, demonstrating control, confidence, and a stable finish without support.

REDUCE THE CHALLENGE

Gymnasts can practise the forward roll on the floor on a line before progressing onto the beam or bench. They can also use light support initially or pause at different stages to build confidence and understanding of the movement.

INCREASE THE CHALLENGE

Gymnasts can aim for a smoother, more continuous roll with no hesitation, maintaining a straight line along the beam/bench. They could also focus on a controlled stand at the end, or add challenges such as how many can you do in a row without falling off the beam.

8. BEAM - ARABESQUE HOLD

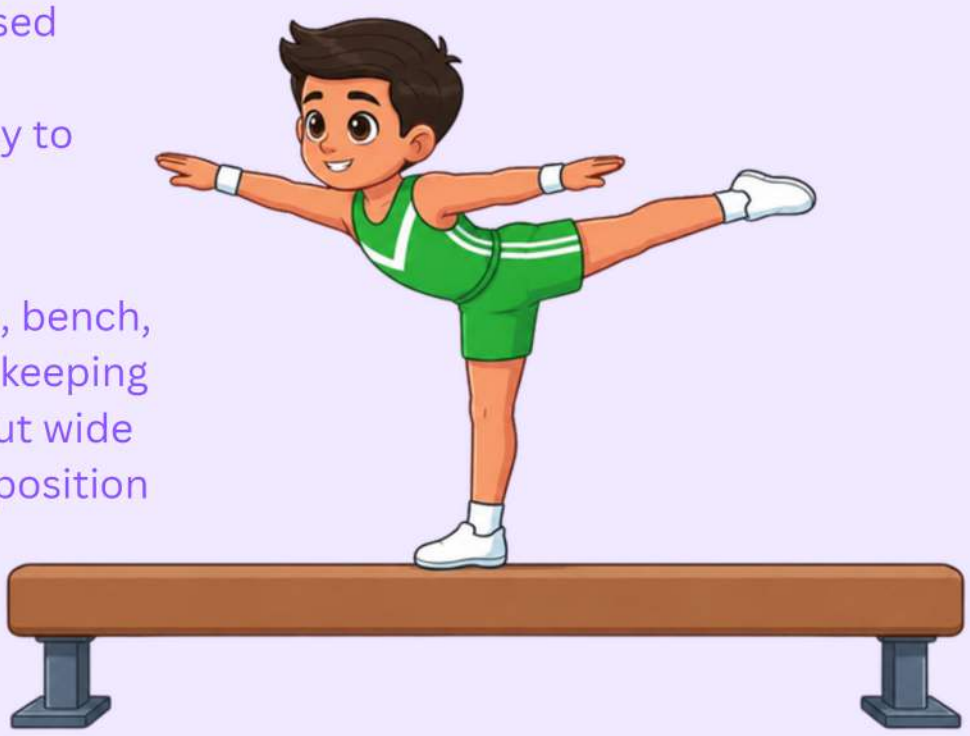
Gymnasts should balance on one leg on the beam while extending the other leg straight behind into an arabesque position and holding the shape with control. Coaches should look for a straight supporting leg, the back leg lifted and extended, and a controlled forward lean of the upper body. Arms should be used effectively for balance, and the gymnast should demonstrate good posture, stability, and the ability to hold the position steadily without wobbling.

REDUCE THE CHALLENGE

Gymnasts can perform the balance on a low beam, bench, or floor line, lifting the back leg only slightly while keeping the chest more upright. They can use their arms out wide for balance or receive light support, and hold the position for a shorter time to build confidence.

INCREASE THE CHALLENGE

Gymnasts can aim to lift the back leg higher and hold the position for longer with strong control.



9. BARS - FRONT SUPPORT FLOOR OR PARALLETTE BAR

Gymnasts should hold a front support position on the floor or on a low parallettes bar, supporting their body weight through straight arms. Coaches should look for hands placed under the shoulders, straight arms, shoulders pushed tall in line with their hands, and a strong, straight body line from head to heels.

REDUCE THE CHALLENGE

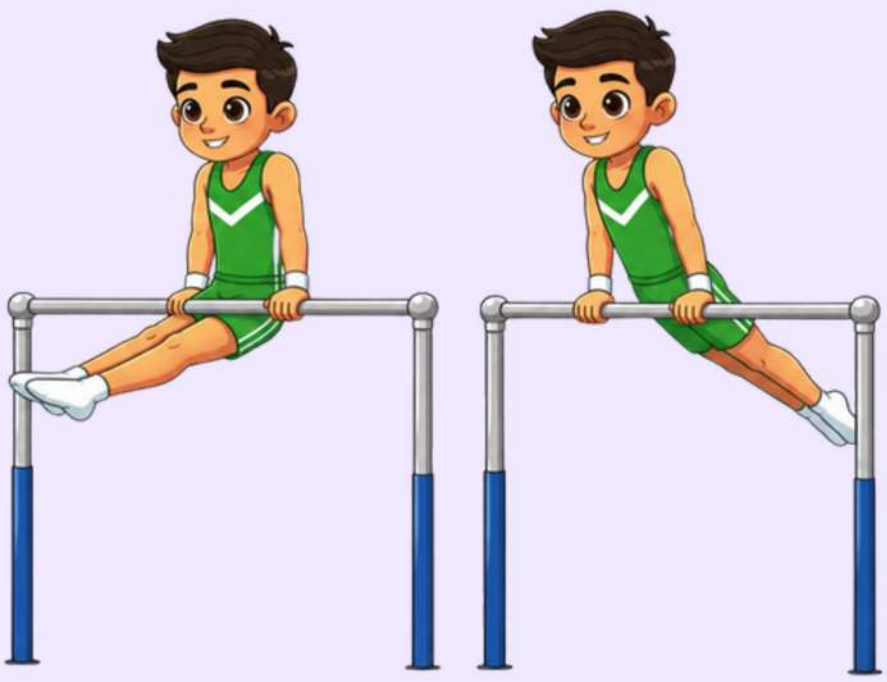
Gymnasts can hold the position with knees on the floor or use a slightly raised surface to reduce load. A coach can support to help maintain alignment, and the hold time can be reduced while focusing on correct positioning.

INCREASE THE CHALLENGE

Gymnasts can aim to hold the position for longer with strong body tension, or perform small controlled weight shifts through the shoulders. They could also try lifting one foot briefly or adding slow shoulder taps to build strength and stability.

10. BARS - FRONT SUPPORT - SWINGING LEGS FORWARDS & BACKWARDS

Gymnasts should hold a front support position on the bar and perform controlled swings of the legs forwards and backwards. Coaches should look for straight arms, shoulders pushed tall, and a strong slighty infront of their hands, stable upper body. The legs should remain together and straight, moving smoothly forwards and backwards with control.



REDUCE THE CHALLENGE

Gymnasts can perform smaller leg swings or practise holding a strong front support position first. A coach can support at the shoulders to help maintain alignment, and the movement can be slowed down to focus on control and coordination.

INCREASE THE CHALLENGE

Gymnasts can increase the range of the leg swing while maintaining control and a tight body shape. They could also aim for a consistent rhythm, hold the legs briefly at the front or back, or perform a set number of controlled swings without losing position to build strength and coordination.