



## Achievement award level 1 yellow - Girls 4 piece

### Home learning resource

You will be tested on the following routines on each piece of equipment listed below.

The idea behind this is to perform the moves below to the best of your ability to be tested which move you and the coaches need to help you with.

Please try to learn the routines even if you can not perform the move correctly.

#### Floor drills

##### A. Control

Flat table, straight leg fold-up, forward roll to sit, box splits, Japana, fish roll, front hollow roll to dish, hands and feet in to bridge, raise one leg, lower to shoulder stand roll to stand, leg balance from front to back alternate legs, splits show all 3 positions, bring leg round to front, tuck sit, lift to V-sit Lower to back support, roll to front support, slide legs in, perch and attempt lift to stand.

##### B. Dance

Chasse, chasse split leap, straight jump immediate jump half turn, 2 hops each leg, chasse to side and hold leg up, both directions, half spin, tuck jump, toe turn, crouch turn, cat leap, scissor kick

##### C. Acrobatics

Forward roll, backward roll straight legs, forward roll straddle stand to sit, teddy roll, side roll both directions, knee up to stand, cartwheel turn out, handstand to stand

#### Beam drills

Jump to front support, swing leg over V-sit, swing legs back to crouch, bodywave to stand, 3 walks toe turn, 3 backward walks, crouch turn, 3 dip walks, hurdle step to straight jump dismount

#### Bar drills

##### A.

Fish swings x 5 drop to land

##### B.

Jump to float swing and back to feet circle up to support  
3 X casts  
Push off to land

#### Vault drills

##### A.

Squat on straight jump off and land

##### B.

Kick to handstand flat back from block to crash mat

In association with



Director of coaching - Easton Gymnastics Club

