



## Achievement award level 2 green - 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

Balance on each leg horizontal, through all 3 positions, lift to arabesque on favoured leg, kick to handstand, drop to bridge, kick out, backward walkover, Forward walkover, step into splits, rotate through all 3 positions, legs together half lever lift, back to straddle, straddle half lever to stand

##### B. Dance

Straddle pike jump, full spin, V-jump, jump full turn, bodywave, forwards and backwards, split jump, split leap, cat leap half turn, scissor kick half turn, tuck jump half turn

##### C. Acrobatics

Forward roll ping, forward roll straight legs, cartwheel turn out, handstand forward roll

Cartwheel, cartwheel turn in, backward roll to handstand, jump step to handspring

Round off flick

In association with



  
Director of coaching - Easton Gymnastics Club

#### Beam drills

##### A.

Straddle on lower to Japana, lift to straddle hold, turn to sit, bridge Lower, roll to shoulder stand Touch feet to beam, roll to stand, tuck jump, chasse each foot, half spin, 3 bent leg straight leg walks, 2 hops alternate legs, cat leap, round off dismount

##### B.

Squat on, handstand to stop in, arabesque, forward roll, scissor kick, split jump, running steps, handspring dismount

#### Bar drills

##### A.

Cast to horizontal  
3 Swings  
Swing half turn mixed grip  
Baby giant  
Straddle undershoot

##### B.

Float upstart with help  
Cast back hip circle  
Forward circle  
Cast squat on jump off to land

#### Vault drills

##### A.

Squat on straight legs at 100cm

##### B.

Handstand flat back at 100cm

