



Achievement award level 1 yellow - Boys 6 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

Straight jump immediate jump half, turn, tuck jump, 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

Pommel drills

A. On mushroom

5 Double legs in bucket

B. On mushroom

1 Double legs on mushroom x 3

C. On horse

Jump to front support, front support to back support x 3, leg in to 3 x straddle support swings, leg out to 3 x pendulum swings

Horizontal 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

Parallel bars drills

A.

Jump with straight arms to support, 3 walks with each hand, half lever lift, 3 swing to feet on bars, front vault dismount to land

B.

Float swing and back to stand, jump to upper arm support, 3 upper arm swings to legs on the front, show straddle back support, flank vault dismount

Vault drills

A.

Squat on straight jump off and land

B.

Kick to handstand flat back from block to crash mat

Rings drills

A.

Muscle up with help to support hold, lift to half lever

B.

From hang lift to inverted hang, lower to pike, rotate to german hang and lift back, 5 swings to back somersault dismount

In association with




Director of coaching - Easton Gymnastics Club

