



Achievement award level 2 green - Boys 2 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, W-jump, jump full
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, 3 running steps to
dive roll

Vault drills

A.

Squat on straight legs at 100cm

B.

Handstand flat back at 100cm

In association with




Director of coaching - Easton Gymnastics Club

