



## Achievement award level 2 green - Boys 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, 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

In association with



  
Director of coaching - Easton Gymnastics Club

#### Parallel bar drills

##### A.

Float upstart with help, half turn, half lever, lift to russian and swing, 3 swings to 60°, front vault dismount

##### B.

Jump to upper arm support swing to manna fold, kip to straddle support, lift into 3 swing above 60°, drop down to back uprise to straddle support, lift to 3 swings back vault dismount

#### Horizontal bar drills

##### A. On strap bar

Trolley swing, 3 swings to horizontal Uprise, cast to horizontal, 3 swings to horizontal, baby giant

##### B.

Float upstart with help, forward circle Cast back hip circle, cast straddle undershoot

#### Vault drills

##### A.

Squat on straight legs at 100cm

##### B.

Handstand flat back at 100cm

