



Achievement award level 2 green - 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

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

Pommel drills

A. On mushroom

25 Double legs in bucket on high mushroom.

10 Double legs in bucket on high mushroom with handle

10 Double legs on high mushroom

5 Double legs on floor mushroom

B. On horse

Jump to front support

Front support to back support x 10

3 X cut leg in, and out on each leg

3 X pendulum swings cut leg in and out on both legs

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

Rings drills

A.

3 Swings to straight inverted hang, Lower to german hang and lift back, pike and shoot swing into, 3 swings to straight back dismount

B.

Muscle up with help, half lever hold, rotate into inverted hang, pike shoot swing into 3 swings, 2 inlocations, 3 swings into back up rise with help, drop to land

