

MARCH 2011



Gymnastics
South Australia



Gymnastics Australia
General Gymnastics



GYMNASTICS SA

GSA GYM FOR ALL GYM CHALLENGE

TRAINING MANUAL



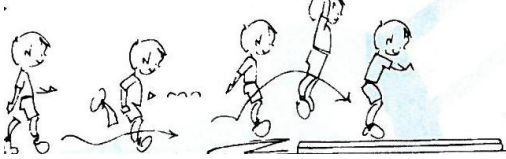
GSA Gym for All Gym Challenge

ELEMENT LISTING

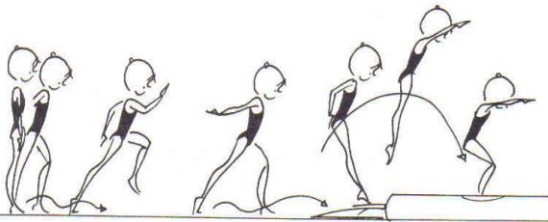
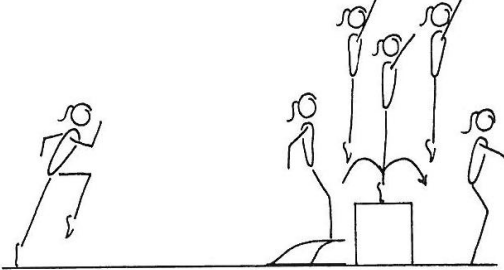
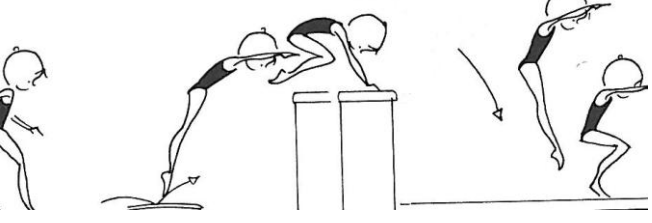
VAULT: Two Vaults will be performed : Each marked out of 5points and added together for a score out of 10. The same vault maybe performed twice.

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
<ul style="list-style-type: none"> ➤ 5 x bounces on board showing landing on mat ➤ step from low box, jump off beat board to 30cm box ➤ short run, jump on BB, straight jump to land on scatter mat 	<ul style="list-style-type: none"> ❑ From short run, hurdle 2 feet take off, from beat board, straight jump to 30cm height ❑ Run straight jump on box (60cm) – straight jump off ❑ Run tuck through (60cm) – may use blocks 	<p>May use small blocks on top on the horse.</p> <ul style="list-style-type: none"> ➤ Run tuck through (60cm) – with flight ➤ Run tuck on (min 90cm) Straight jump off ➤ Run straddle over (min 60cm) – with flight ➤ Run pike onto (60cm) box, immediate straight jump off <p>Jump off maybe varied to tuck / star or straddle</p>	<ul style="list-style-type: none"> ➤ Run stoop on (min 60cm) – straight jump off ➤ Short run, hurdle, two foot take off from board, Dive roll to two crash mats ➤ Handstand flat back off beat board (no run) ➤ Short run, hurdle, two foot take off from board, handspring flatback to min 30cm height ➤ Run optional mount onto table/horse and round off to feet 	<ul style="list-style-type: none"> ➤ Tuck front saulto onto super soft ➤ Handspring flat back to 60cm mats ➤ Short run, hurdle, two foot take off from board stoop through (min 60cm) ➤ Handspring to feet onto 60cm mats ➤ Run optional mount onto table/horse and handspring off to feet ➤ Thief vault

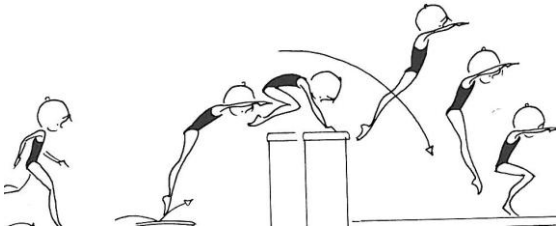
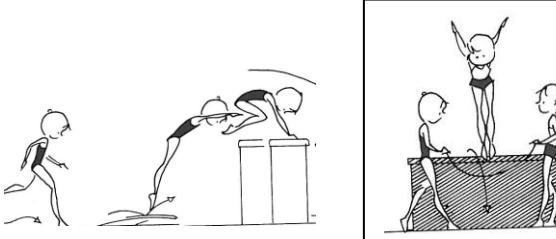
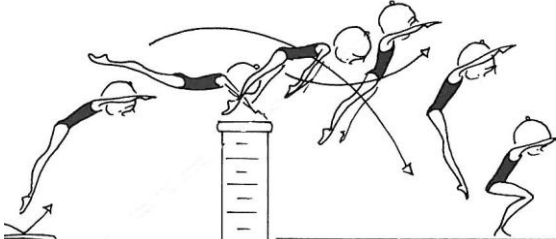
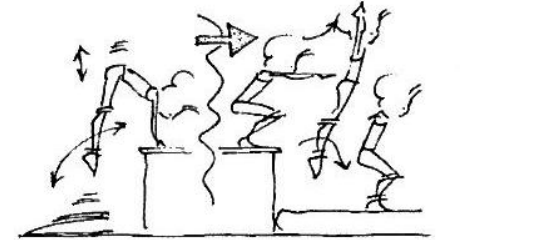
Level 1: VAULT

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> ➤ 5 x bounces on board showing landing on mat 	<ul style="list-style-type: none"> • arms rotate in a backward direction • body straight • legs straight in flight • jumps should travel horizontally only • arms above head at top of flight finish landing in 'motor bike' position 	<ul style="list-style-type: none"> • not movement of arms • arch or pike in body • legs bent – no toes point • jumps travelling around the board • arms not synchronised with flight
	<ul style="list-style-type: none"> ➤ step from low box, jump off beat board to 30cm box 	<ul style="list-style-type: none"> • arms start behind body & swing forward during hurdle • lower hurdle to board • arms above head during straight jump • body tight and straight in flight • land in 'motor bike' position 	<ul style="list-style-type: none"> • not movement of arms • arch or pike in body • legs bent – no toes point • jumps travelling around the board • arms not synchronised with flight
	<ul style="list-style-type: none"> ➤ short run, jump on BB, straight jump to land on scatter mat 	<ul style="list-style-type: none"> • run should be short and increase in speed toward the board • small circle of arms during long, low hurdle • jump should be completed as above 	<ul style="list-style-type: none"> • as above *Remember judging is on the skill itself not poor technique.

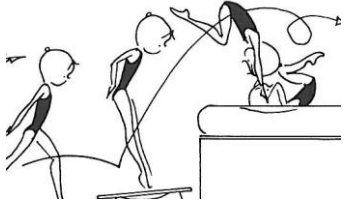
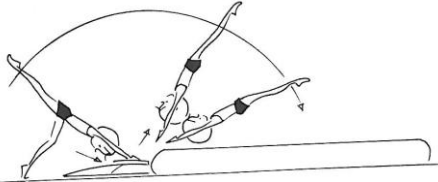
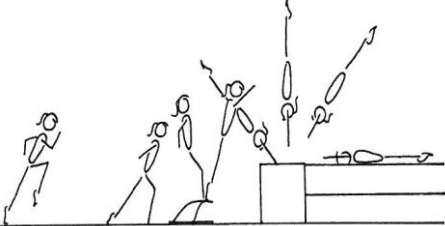

LEVEL 2: VAULT

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> □ From short run, hurdle 2 feet take off, from beat board, straight jump to 30cm height 	<ul style="list-style-type: none"> ○ run should be short and increase in speed toward the board ○ small circle of arms during long, low hurdle ○ arms above head during straight jump ○ body tight and straight in flight ○ legs should be straight in jump ○ land in 'motor bike' position 	<ul style="list-style-type: none"> ○ not movement of arms ○ arch or pike in body ○ legs bent – no toes point ○ movement in landing ○ arms not synchronised with flight
	<ul style="list-style-type: none"> □ Run straight jump on box (60cm) – straight jump off 	<ul style="list-style-type: none"> ○ run should be short and increase in speed toward the board ○ small circle of arms during long, low hurdle ○ arms above head during straight jump ○ body tight and straight in flight ○ legs should be straight in jump ○ land in 'motor bike' position ○ gymnast may step forward to straight jump off the box ○ land in motor bike position 	<ul style="list-style-type: none"> ○ not movement of arms ○ arch or pike in body ○ legs bent – no toes point ○ movement in landing ○ arms not synchronised with flight ○ jump off not higher than the box
	<ul style="list-style-type: none"> □ Run tuck through (60cm) – may use blocks 	<ul style="list-style-type: none"> ○ Hands placed on blocks or horse and small tuck through to motor bike landing ○ No flight required ○ Knees tucked up ○ Arms straight ○ Stable landing 	<ul style="list-style-type: none"> ○ Bent arms ○ Feet touching horse

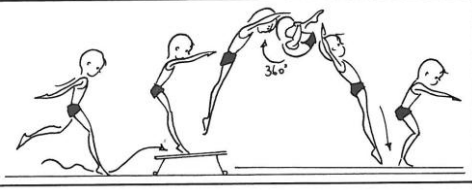
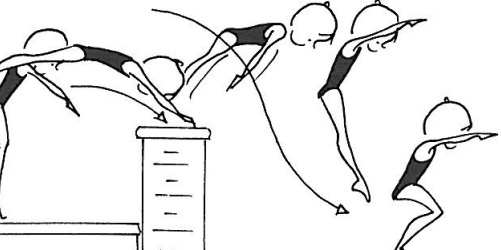
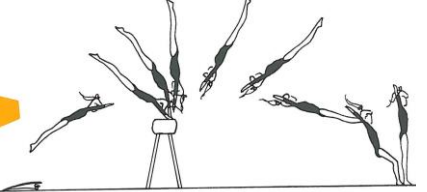
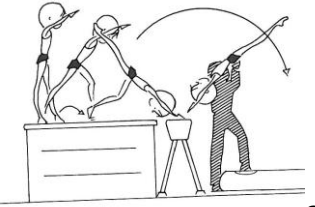
LEVEL 3: VAULT

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> □ Run tuck through (60cm) – with flight 	<ul style="list-style-type: none"> ○ run should be short and increase in speed toward the board ○ small circle of arms during long, low hurdle ○ shoulders forward of hands ○ hands shoulder width apart ○ bottom over head, legs tucked under the bottom ○ flight prior to hands touching the horse ○ push from horse and shoulders up to create post flight ○ land in 'motor bike' position 	<ul style="list-style-type: none"> ○ not movement of arms ○ arch or pike in body ○ legs bent – no toes point ○ movement in landing ○ arms not synchronised with flight ○ no pre flight or post flight from the horse.
	<ul style="list-style-type: none"> □ Run tuck on (min 90cm) Straight jump off 	<ul style="list-style-type: none"> ○ Immediate straight jump ○ Lift chest before the jump off 	<ul style="list-style-type: none"> ○ not movement of arms ○ arch or pike in body ○ legs bent – no toes point ○ movement in landing ○ arms not synchronised with flight ○ jump off not higher than the box
	<ul style="list-style-type: none"> □ Run straddle over (min 60cm) – with flight 	<ul style="list-style-type: none"> ○ Legs high during pre flight ○ Lift chest as legs straddle horse ○ Push off horse 	<ul style="list-style-type: none"> ○ not movement of arms ○ arch or pike in body ○ legs bent – no toes point ○ movement in landing ○ arms not synchronised with flight ○ no pre flight or post flight from the horse.
	<ul style="list-style-type: none"> □ Run pike onto (60cm) box, immediate straight jump off Jump off, maybe varied to tuck / star or straddle 	<ul style="list-style-type: none"> ○ Legs remain straight onto the horse ○ Hips over bottom ○ Lift chest as feet come to horse 	<ul style="list-style-type: none"> ○ Bent arms ○ Bent legs ○ Falling off horse not jumping ○ Unstable landing

LEVEL 4: VAULT

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> □ Short run, hurdle, two foot take off from board, Dive roll to two crash mats 	<ul style="list-style-type: none"> ○ run should be short and increase in speed toward the board ○ small circle of arms during long, low hurdle ○ flight prior to hands touching the horse ○ chest in ○ lift heels high ○ tuck head in to roll ○ hands must be placed firmly on the mat ○ body extension during flight ○ roll to stand 	<ul style="list-style-type: none"> ○ not movement of arms ○ arch or pike in body ○ legs bent – no toes point ○ movement in landing ○ arms not synchronised with flight ○ no pre flight ○ hands not touching the horse ○ bouncing during roll ○ unstable landing
	<ul style="list-style-type: none"> □ Handstand flat back off beat board (no run) 	<ul style="list-style-type: none"> ○ Long reach prior to hand placement ○ Arms shoulder width apart ○ Head neutral ○ Legs meet prior to vertical ○ Squeeze bottom ○ Chest in ○ Push and extend to flat back on mat 	<ul style="list-style-type: none"> ○ Arched or piked body ○ Head out ○ Arms too wide ○ Sloppy legs ○ Roll over hands ○ Roll out of handstand ○ 2 slaps of body in landing
	<ul style="list-style-type: none"> □ Short run, hurdle, two foot take off from board, handspring flatback to min 30cm height 	<ul style="list-style-type: none"> ○ Pre flight in vault ○ Heel drive ○ Arms straight and shoulder width apart ○ Squeeze bottom and legs together ○ Head neutral ○ Push from shoulders to land ○ Land in scoop position on the mat 	<ul style="list-style-type: none"> ○ Arched or piked body ○ Head out ○ Arms too wide ○ Sloppy legs ○ Roll over hands ○ Roll out of handstand ○ 2 slaps of body in landing ○ No flight in vault
	<ul style="list-style-type: none"> □ Run Optional mount onto table/horse and round off to feet 	<ul style="list-style-type: none"> ○ Long reach in roundoff ○ Feet come together early ○ Chest in ○ Push off hands ○ Land in line with the centre of horse 	<ul style="list-style-type: none"> ○ Arms bent ○ Sagg in back ○ No push off hands ○ Landing not facing the horse

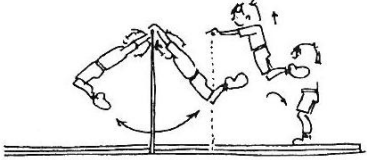
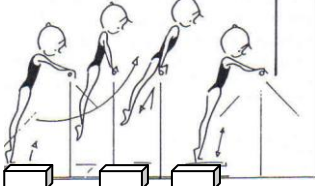
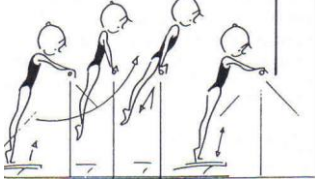
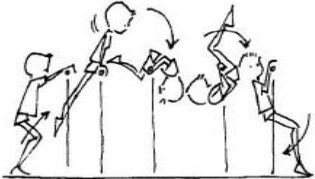


LEVEL 5 ; VAULT

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> ❑ Tuck front salto onto super soft 	<ul style="list-style-type: none"> ○ run should be short and increase in speed toward the board ○ small circle of arms during long, low hurdle ○ straight jump prior to salto ○ chest in ○ lift heels high ○ hands placed on shins ○ sight wall and open to land 	<ul style="list-style-type: none"> ○ not movement of arms ○ movement in landing ○ arms not synchronised with flight ○ no pre flight ○ hands touching the floor ○ landing on bottom ○ unstable landing
	<ul style="list-style-type: none"> ❑ Short run, hurdle, two foot take off from board stoop through (min 60cm) 	<ul style="list-style-type: none"> ○ Lift heels in pre flight ○ Legs straight throughout vault ○ Head neutral ○ Push through shoulders and lift chest in post flight ○ Land in motor bike 	<ul style="list-style-type: none"> ○ Legs and arms bent ○ Feet touching horse ○ No flight pre or post flight. ○ Unstable landing
	<ul style="list-style-type: none"> ❑ Handspring to feet onto 60cm mats 	<ul style="list-style-type: none"> ○ Heels lift and drive during pre flight ○ Squeeze bottom and legs ○ Arms shoulder width apart ○ Push through shoulders ○ Head neutral ○ Motor bike landing 	<ul style="list-style-type: none"> ○ No flight ○ Roll over shoulders ○ Bent arms and legs ○ Head touching horse ○ Unstable landing
 <p data-bbox="152 1209 667 1241">or off table or long horse</p>	<ul style="list-style-type: none"> ❑ Run Optional mount onto horse or table & handspring off horse/table. 	<ul style="list-style-type: none"> ○ Legs together before vertical ○ Push off hands ○ Chest in ○ Tight body in handstand position ○ Land with slight knee bend 	<ul style="list-style-type: none"> ○ Bent arms & legs ○ No push from hands (roll over) ○ Fall on landing

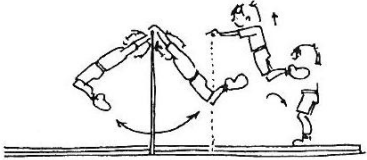
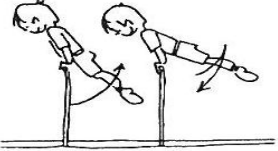
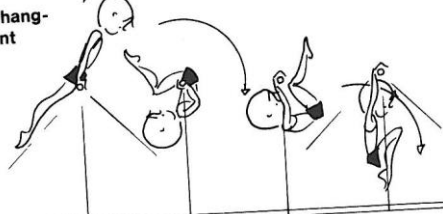
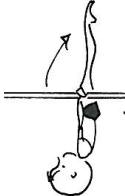
BARS: Only 5 skills can be performed including mount and dismount. Gymnasts may mount the bar more than once.

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
<ul style="list-style-type: none"> ➤ Bent leg swings x 1 ➤ Bent leg swings x 1 ➤ Jump to front support from box ➤ Jump to front support immediate jump to front support ➤ Fwd roll ➤ tuck hold ➤ Basket hang 	<ul style="list-style-type: none"> ➤ Bent leg swings x 2 ➤ Jump to front support from box ➤ Cast x 1 (hip to clear bar) ➤ Cast x 1 (hip to clear bar) ➤ Fwd roll to tuck hold ➤ Basket hang ➤ Candle hang 	<p>CHOOSE 5 SKILLS</p> <ul style="list-style-type: none"> ➤ Back hip Pull over (coach assisted) ➤ Jump to support ➤ L-hang or tuck hang ➤ Glide or tuck swing ➤ fwd roll to <u>candle hang</u> ➤ small cast ➤ single leg knee hock 	<ul style="list-style-type: none"> ➤ From box glide swing back to floor ➤ Back hip pull over ➤ Cast to 45 ➤ Fwd roll to L-hold ➤ Cast back hip circle (maybe coach assisted) ➤ Toe shoot dismount (maybe from standing on the bar) ➤ <u>Underswing</u> ➤ Mill circle 	<p>CHOOSE 5 SKILLS</p> <ul style="list-style-type: none"> ➤ Lift to L hang ➤ Tension swing x 2 ➤ Back Hip pullover to support ➤ Cast to free support ➤ Back hip circle ➤ Underswing, 2 x basic swing ➤ Backswing dismount ➤ Glide swing ➤ Toe shoot or underswing dismount <p>Can be performed with a ½ or full turn to land.</p>

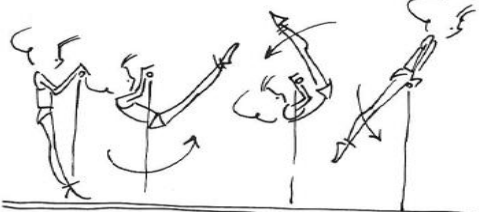

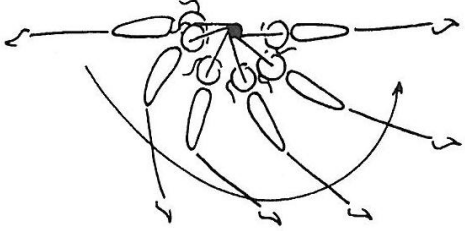
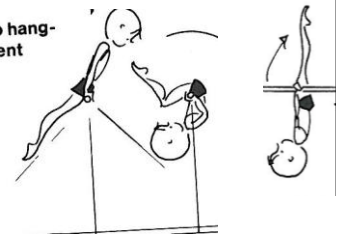

LEVEL 1 BARS

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> ➤ Bent leg swings x 1 	<ul style="list-style-type: none"> • Scoop body • Feet tucked up to bottom • Straight arms • Landing between swings – at the back of the swing 	<ul style="list-style-type: none"> • Feet touching floor • Knees up to chest
	<ul style="list-style-type: none"> ➤ Jump to front support from box 	<ul style="list-style-type: none"> • Straight arms • Pull on bar • Tight body • Legs tight • Shoulders forward of the bar • Chest in, high support on bar 	<ul style="list-style-type: none"> • Bent arms • Bent legs • Swinging legs • Relaxed body supported on stomach
	<ul style="list-style-type: none"> ➤ <u>Jump to front support</u> <u>immediate jump</u> to front support 	<ul style="list-style-type: none"> • Straight arms • Pull on bar • Push away from bar with immediate rebound • Chest in, shoulders forward of the bar 	<ul style="list-style-type: none"> • Bent arms • Arch in push away • Slow rebound to bar • Swinging of legs
	<ul style="list-style-type: none"> ➤ Fwd roll 	<ul style="list-style-type: none"> • Shrug of shoulders before roll • Turn hands around the bar • Chest in • Straight legs slide down the bar to toes and then tuck to floor 	<ul style="list-style-type: none"> • Bent arms • Uncontrolled roll • Legs swing down to tuck • Feet under hips in tuck
	<ul style="list-style-type: none"> ➤ tuck hold 	<ul style="list-style-type: none"> • chest in • straight arms • knees to chest • head neutral 	<ul style="list-style-type: none"> • knees drop • feet touching the floor • bent arms • head back
	<ul style="list-style-type: none"> ➤ <u>Basket hang</u> 	<ul style="list-style-type: none"> • Arms straight • Knees on nose • Legs straight • Legs horizontal • Head neutral 	<ul style="list-style-type: none"> • Legs bent and apart • Head back • Bottom over head – will cause the body to rotate.

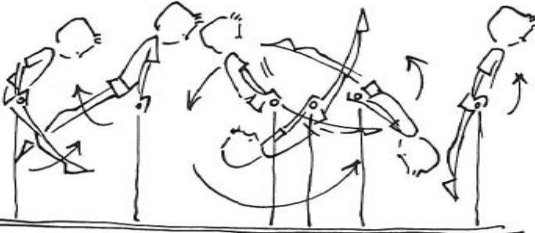
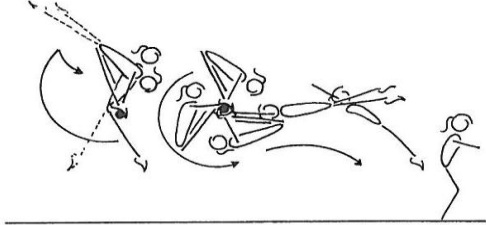

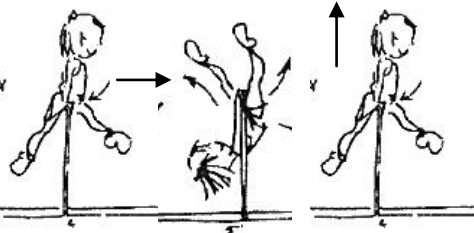
LEVEL 2: BARS

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> ➤ Bent leg swings x 2 	<ul style="list-style-type: none"> • Scoop body • Feet tucked up to bottom • Straight arms • Regrasp bar • Release and land at the back of the swing 	<ul style="list-style-type: none"> • Feet touching floor • Knees upto chest • No regrasp of bar
	<ul style="list-style-type: none"> ➤ Cast x 1 (hip to clear bar) 	<ul style="list-style-type: none"> • Straight arms • Shoulders over hands – forward of the bar • Swing tight legs • Chest in and scoop body <p>May cast away from the bar and land on the floor</p>	<ul style="list-style-type: none"> • Bent arms and legs • Arched back • Not leaving the bar
	<ul style="list-style-type: none"> ➤ Fwd roll to tuck hold 	<ul style="list-style-type: none"> • Shrug of shoulders before roll • Turn hands around the bar • Chest in • Straight legs slide down the bar to toes and then tuck • Knees on chest during tuck 	<ul style="list-style-type: none"> • Bent arms • Uncontrolled roll • Legs swing down to tuck • Feet under hips in tuck • Feet touching the ground
	<ul style="list-style-type: none"> ➤ <u>Candle hang</u> 	<ul style="list-style-type: none"> • Chest in • Head looking at toes • Squeeze bottom • Legs together • Arms shoulder width apart • Bar at thighs of athlete • Body in scoop 	<ul style="list-style-type: none"> • Piked body • Arms too wide • Arms bent • Legs sliding down bar

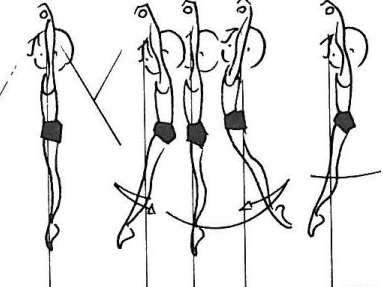
LEVEL 3: BARS

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> ➤ Back hip Pull over (coach assisted) 	<ul style="list-style-type: none"> • Chin up to the bar • Scoop body – candle position • Turn hands around the bar • Straight arms in support • Tight legs • Lift chest to front support 	<ul style="list-style-type: none"> • Head thrown backwards • Bent legs • Arms wide • Sloppy front support
	<ul style="list-style-type: none"> ➤ L-hang or tuck hang 	<ul style="list-style-type: none"> • Arms straight • Hips tucked under • Knees to chest in tuck hang • Legs straight and horizontal in L hang 	<ul style="list-style-type: none"> • Bent arms • Sagging legs • Feet touching floor • Legs too high in L hang
	<ul style="list-style-type: none"> ➤ Glide swing 	<ul style="list-style-type: none"> • May start on raised surface holding bar – should have chest in and body in scooped position • Swing legs long and low • Head neutral looking at toes • Full extension if possible • Squeeze bottom and legs together 	<ul style="list-style-type: none"> • Arch or piked body • Legs and arms bent • Feet touching floor • Incomplete swing
	<ul style="list-style-type: none"> ➤ fwd roll to <u>candle hang</u> 	<ul style="list-style-type: none"> • Shrug of shoulders before roll • Turn hands around the bar • Chest in • Head looking at toes • Squeeze bottom • Legs together • Arms shoulder width apart • Bar at thighs of athlete • Body in scoop 	<ul style="list-style-type: none"> • Piked body • Arms too wide • Arms bent • Legs sliding down bar
	<ul style="list-style-type: none"> ➤ Single leg knee hock with hands 	<ul style="list-style-type: none"> • Fall backwards with straight arms and one leg hocked the other straight • Push straight leg down to return to stride sit. 	<ul style="list-style-type: none"> • Bent arms • Bent free leg • Not returning to stride sit.

LEVEL 4: BARS

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> ➤ Cast back hip circle (maybe coach assisted) 	<ul style="list-style-type: none"> • Cast – shoulders over hands • Chest in • Initiate the rotation through the shoulders • Tight body • Head neutral • Turn hands fast • Tight scoop shaped body 	<ul style="list-style-type: none"> • Head thrown backwards • Bent legs • Arms wide • Sloppy front support • Piked body
	<ul style="list-style-type: none"> ➤ Toe shoot dismount (maybe from standing on the bar) 	<ul style="list-style-type: none"> • Push in feet and pull on hands • Chest in • Head neutral • Shoot feet up and over high arch • Motor bike landings 	<ul style="list-style-type: none"> • Feet sliding off the bar • Bent legs and arms • No post flight off the bar
	<ul style="list-style-type: none"> ➤ <u>Underswing</u> 	<ul style="list-style-type: none"> • Scooped tight body • Head neutral – look at toes • High remain close to the bar during the backward rotation • Push toes up and over high arch • Motorbike landings 	<ul style="list-style-type: none"> • Dropping from the bar • Piked body • Throwing the head back • No post flight
	<ul style="list-style-type: none"> ➤ Mill circle 	<ul style="list-style-type: none"> • Lift and place bar on back leg • Both legs straight • Hands facing the direction of rotation • Legs remain in stride during the rotation • Turn hands quickly during rotation 	<ul style="list-style-type: none"> • Legs bent • Not completing rotation • Legs coming together during rotation

LEVEL 5 : BARS

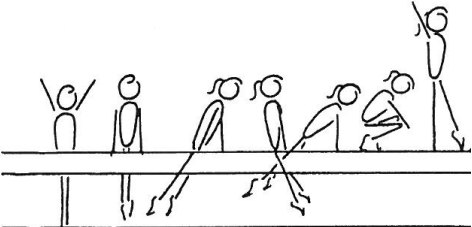
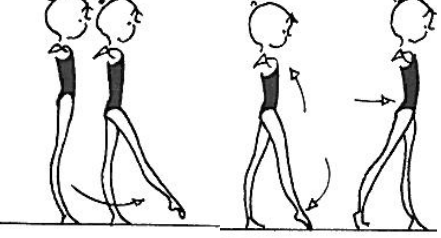

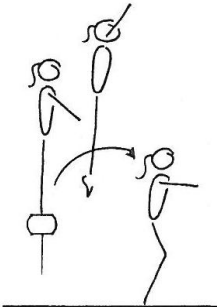
PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
 The diagram shows four sequential line drawings of a gymnast performing a tension swing on a bar. 1. The gymnast is in a starting position with arms wide and legs straight. 2. The gymnast swings forward, with the bar moving towards the chest. 3. The gymnast swings back, with the bar moving behind the back. 4. The gymnast swings forward again, with the bar moving towards the chest. Arrows indicate the direction of the swing.	➤ Tension swing x 2	<ul style="list-style-type: none">• Scoop and arch body• Swing through the shoulders• Head neutral• Regrasp bar	<ul style="list-style-type: none">• Head thrown backwards• Bent legs• Arms wide• Sloppy body

GSA Gym for All Gym Challenge

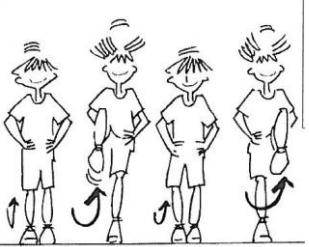
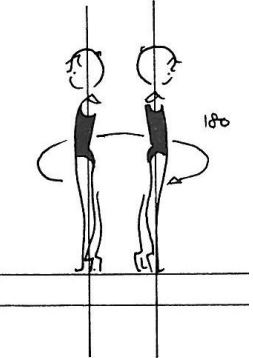
BEAM: 5 skills to be performed. Skills may be performed in any order but a skill sheet must be presented to the Judges prior to competing.

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
<ul style="list-style-type: none"> ➤ Jump to front support, lift leg over to straddle sit, swing legs to squat, then stand ➤ Walks forward x 4 ➤ Releve ➤ Walks forward x 4 ➤ straight jump dismount 	<ul style="list-style-type: none"> ➤ Jump to front support, lift leg over to straddle sit, swing legs to squat, then stand ➤ Pivot walks x 2 ➤ Walks forward x 4 ➤ ½ turn on two feet in releve ➤ ¼ turn, straight jump dismount 	<p>CHOOSE 5 ELEMENTS</p> <ul style="list-style-type: none"> ➤ Jump to front support, lift leg over to straddle sit, swing to kneeling scale ➤ Forward attitude steps x 2 ➤ Step forward kicks x 2 ➤ Straight jump ➤ Lift leg to side passé, bring knee to front, foot down ➤ ¼ turn straight jump dismount 	<p>CHOOSE 5 ELEMENTS</p> <ul style="list-style-type: none"> ➤ Jump to front support, lift leg over to straddle sit, swing to kneeling scale ➤ Forward attitude steps x 2 ➤ Step forward kicks x 2 ➤ Straight jump with foot change ➤ Lift leg to side passé, bring knee to front, foot down, lift to releve, ½ turn on two feet ➤ ¾ handstand ➤ Backward shoulder roll ➤ ¼ turn straight jump dismount 	<p>CHOOSE 5 ELEMENTS</p> <ul style="list-style-type: none"> ➤ Squat on end or side with hands ➤ Step kicks x 2 ➤ Tuck jump, straight jump, straight jump series ➤ Step leap ➤ ½ turn on one foot ➤ ¾ handstand ➤ Forward roll ➤ forward body wave ➤ ½ turn on one foot ➤ 3-4 steps, punch front dismount.

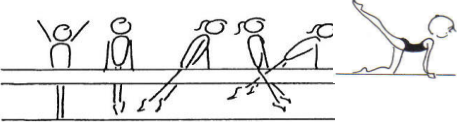
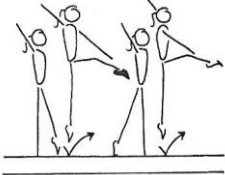
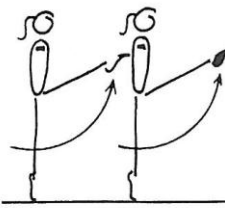
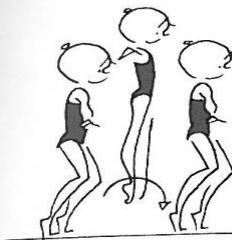
LEVEL 1: BEAM

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> ➤ Jump to front support, lift leg over to straddle sit, swing legs to squat, then stand 	<ul style="list-style-type: none"> • Chest in • Push up as high as possible ie just above knees • Head neutral • Straight leg over without touching beam • Show straddle sit, hips pushed forward and hands off beam • Swing legs to toes, push off hands to stand – chest up during squat • Push knees back and squeeze bottom during stand 	<ul style="list-style-type: none"> • Sagging in front support • Bent legs • Arms wide • Sloppy body • Leg touching beam in lift over beam • Sloppy legs in straddle sit • Crawling hands back to body to stand up • Not tight in stand
	<ul style="list-style-type: none"> ➤ Walks forward x 4 	<ul style="list-style-type: none"> • Stretch legs as walking • Back upright • Arms tight in optional position • Head neutral • Supporting leg straight and knee pushed backwards • focus on end of beam 	<ul style="list-style-type: none"> • Legs bent • Flapping of arms during walks • Head down • Sagging body
	<ul style="list-style-type: none"> ➤ Releve 	<ul style="list-style-type: none"> • Back upright • Head neutral • One foot behind the other • On balls of feet • Push knees backward and squeeze bottom to balance • Focus on end of the beam 	<ul style="list-style-type: none"> • Legs bent • Flapping of arms during balance • Head down • Sagging body
	<ul style="list-style-type: none"> ➤ straight jump dismount 	<ul style="list-style-type: none"> • feet together or one behind the other • swing arms up as you jump • jump higher than the beam • tight body in the air • land in motor bike landing 	<ul style="list-style-type: none"> • arms not synchronized with jump • stepping off the beam • unstable landing

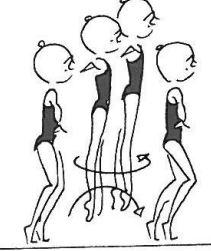
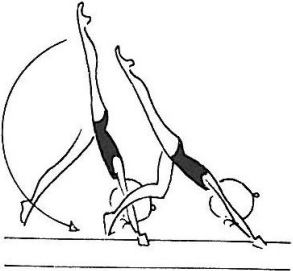
LEVEL 2: BEAM

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> ➤ Pivot walks x 2 	<ul style="list-style-type: none"> • Foot to knee • Supporting leg straight • Back up straight • Head neutral 	<ul style="list-style-type: none"> • Bent supporting leg • Bent knee not high enough • Leaning forward when raising knee
	<ul style="list-style-type: none"> ➤ ½ turn on two feet in releve 	<ul style="list-style-type: none"> • Back upright • Head neutral • One foot behind the other • On balls of feet, turn towards back leg • Push knees backward and squeeze bottom to balance • Turn fast, stay on balls of feet until the end of the turn • Focus on end of the beam- head to turn last to focus on other end of beam 	<ul style="list-style-type: none"> • Legs bent • Flapping of arms during turn • Head down • Sagging body • Turning the wrong way • Not spotting the beam with eyes and head

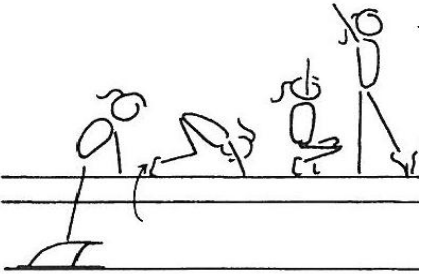
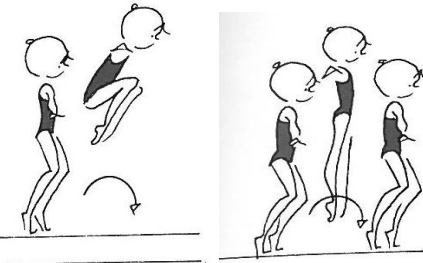
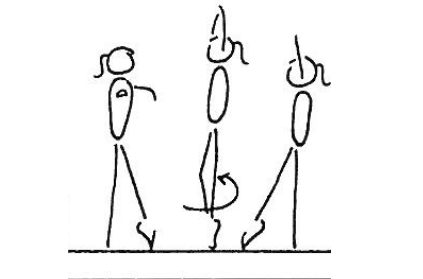
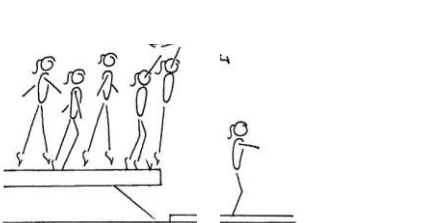
LEVEL 3 : BEAM

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> ➤ Jump to front support, lift leg over to straddle sit, swing to kneeling scale 	<ul style="list-style-type: none"> • Chest in • Push up as high as possible ie just above knees • Head neutral • Straight leg over without touching beam • Swing legs to one toe pointed onto beam, swing other leg up to arabesque. • Arms and legs straight, head up in arabesque. • push off hands to kneel on one knee – chest up, swing free leg forward to stand • Push knees back and squeeze bottom during stand 	<ul style="list-style-type: none"> • Sagging in front support • Bent legs • Arms wide • Sloppy body • Leg touching beam in lift over beam • Sloppy legs in arabesque • Crawling hands back to body to stand up • Hands remaining on beam during stand • Not tight in stand
	<ul style="list-style-type: none"> ➤ Forward attitude steps x 2 	<ul style="list-style-type: none"> • Raised knee 90 degrees • Heel turned toward supporting leg • Supporting leg straight • Back straight 	<ul style="list-style-type: none"> • Supporting leg bent • Sickled foot on raised leg • Back bent forward
	<ul style="list-style-type: none"> ➤ Step forward kicks x 2 	<ul style="list-style-type: none"> • Back up • Both legs straight • Push knees back • Arms tight • Head neutral 	<ul style="list-style-type: none"> • Legs bending • Back forward • Head down • Arms flapping
	<ul style="list-style-type: none"> ➤ Straight jump 	<ul style="list-style-type: none"> • One foot in front of the other (if feet are small, can have feet together) • Swing arms down and up with the jump • Back up straight during the jump • Toes should point at the top of the jump • Land in motor bike 	<ul style="list-style-type: none"> • Not leaving the beam during the jump • Legs bent • Feet flexed • Arms not moving with jump
<p>No picture available</p>	<ul style="list-style-type: none"> ➤ Lift leg to side passé, bring knee to front, foot down 	<ul style="list-style-type: none"> • Hips should remain square • Knee lifted to hip height • Toes pointed • Lift back leg to bring to front 	<ul style="list-style-type: none"> • Hips not square • Leg not lifted high enough • Legs bent • Arms flapping

LEVEL 4: BEAM

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> ➤ Straight jump with foot change 	<ul style="list-style-type: none"> • One foot in front of the other (if feet are small, can have feet together) • Swing arms down and up with the jump • Back up straight during the jump • Toes should point at the top of the jump • Legs change once the gymnast leaves the beam • Land in motor bike 	<ul style="list-style-type: none"> • Not leaving the beam during the jump • Legs bent • Feet flexed • Arms not moving with jump • Feet not changing
	<ul style="list-style-type: none"> ➤ $\frac{3}{4}$ handstand 	<ul style="list-style-type: none"> • Reach forward to place hands on the beam • Chest in • Kick back leg up to vertical • Other leg should go to horizontal • Position should be held • Land back on the beam, push back off hands and lift chest • Arms to horizontal, stand on back leg with front leg pointed • Head neutral 	<ul style="list-style-type: none"> • Initial step cut short • Set shoulders • No straight line between hands and top foot • Arch in back • Head poked out • Arms bent • Legs bent in handstand • Hands still on beam during landing
<p>No picture available</p>	<ul style="list-style-type: none"> ➤ Back Shoulder roll 	<ul style="list-style-type: none"> • Hands can hold either side or under the beam • Head down the side of the beam • Roll over in one action 	<ul style="list-style-type: none"> • Legs bent • No completing the roll • Fall off beam

LEVEL 5 : BEAM

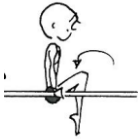
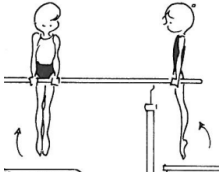
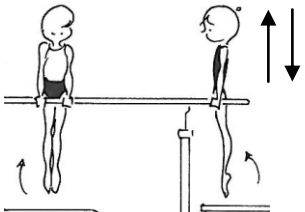
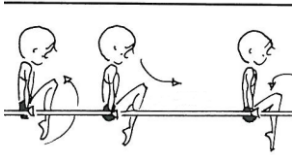
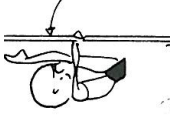
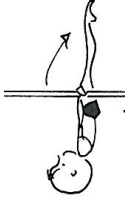
PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> ➤ Squat on end or side with hands 	<ul style="list-style-type: none"> • Place hands on beam and lift hips very high • As feet hit the beam, close squat and lift chest up • If mounting on the end of the beam, move hands forward to leave enough room for the feet • Land on balls of the feet 	<ul style="list-style-type: none"> • Arms too wide • Bottom not high enough for the feet to meet the beam • Shoulders behind hands • Scraping legs up side of beam • Falling from beam
	<ul style="list-style-type: none"> ➤ Tuck jump, straight jump, straight jump series 	<ul style="list-style-type: none"> • Swing arms during jumps • Knees up to chest • Back straight • Land and immediate jump • Head neutral • Focus on the end of the beam 	<ul style="list-style-type: none"> • Break between the jumps • No sue of arms • Not making the shapes of the jumps
	<ul style="list-style-type: none"> ➤ <u>½ turn on one foot</u> 	<ul style="list-style-type: none"> • Step onto ball of foot • Supporting leg straight • Focus on the end of the beam • Spot the end of the beam, turning head last • Free leg is optional • Shoulders and hips should be square. 	<ul style="list-style-type: none"> • Supporting leg bent • Body not straight and hips not square • Heel dropping during the turn • Incomplete turn in one action
	<ul style="list-style-type: none"> ➤ 3-4 steps, punch front Straight jump dismount 	<ul style="list-style-type: none"> • Jump one foot behind the other • Body straight and tight • Arms travel up in the jump • Jump should be higher than the beam • Chest in 	<ul style="list-style-type: none"> • Step off beam • Jump not higher than beam • Arched body • Head back

P BARS: 5 skills to be performed and in any order.

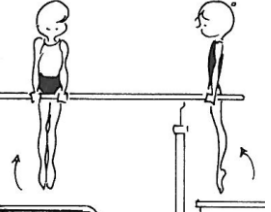
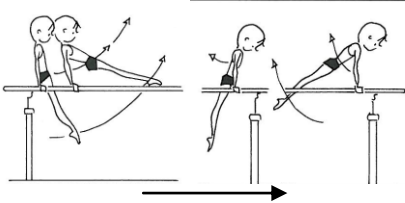
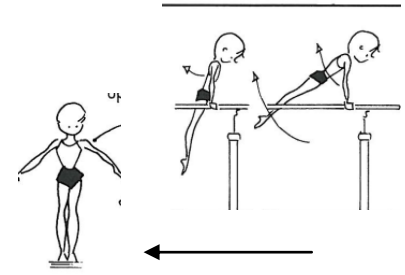
LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
<ul style="list-style-type: none"> ➤ tuck hold in support ➤ Jump to front support ➤ shoulder shrug ➤ Stand on block tuck swing forward and back to land or tuck swing from support ➤ Basket hang ➤ Candle hang 	<ul style="list-style-type: none"> ➤ Jump to straight body support ➤ Tuck hold in support ➤ 1 x swings ➤ 1 x swing ➤ dismount to release bar to stand ➤ Basket hang ➤ Candle hang 	<ul style="list-style-type: none"> ➤ Jump to support ➤ Lift to tuck hold ➤ Straddle to sit ➤ Support swing backward and forward ➤ Swing back dismount ➤ Glide Swing ➤ Candle to basket hang roll over to feet 	<ul style="list-style-type: none"> ➤ Jump to support ➤ Lift to L sit ➤ Straddle to sit ➤ Support swing backward and forward x 2 ➤ Swing back dismount ➤ Glide swing ➤ Shoulder stand on bar ➤ Glide swing to upper arm 	<p>CHOOSE 5 SKILLS</p> <ul style="list-style-type: none"> ➤ Jump to support ➤ Straddle to sit ➤ Roll back to upper arm and kip to straddle sit ➤ Forward roll to straddle sit ➤ Support swing forward & backward x 2 ➤ swing backward dismount (at least 45) ➤ swing backward dismount over bar ➤ glide kip - single bar or two bars ➤ shoulder stand on bar ➤ Candle to basket, kip to straddle over bar

Supports or holds – 2 secs unless specified as momentary.

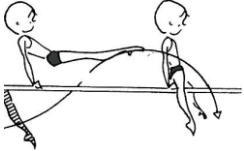
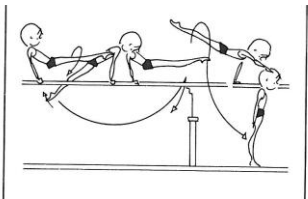
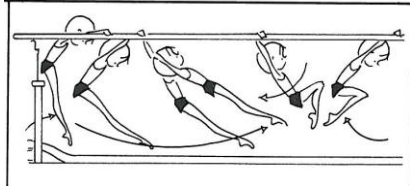
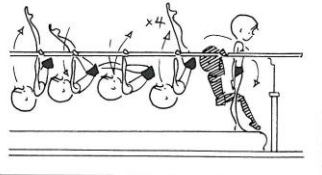
LEVEL 1 : PBARS

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> ➤ tuck hold in support 	<ul style="list-style-type: none"> • lift knees to chest • back slightly scooped • hold for the count of 3 • stretch feet 	<ul style="list-style-type: none"> • back down to knees • not stationary • stretched feet • sinking in shoulders • bent arms
	<ul style="list-style-type: none"> ➤ Jump to front support 	<ul style="list-style-type: none"> • Straight arms • Chest scooped • Legs stretched • Head neutral 	<ul style="list-style-type: none"> • Arch in back • Arms & legs bent • Head forward or back • Not stationary
	<ul style="list-style-type: none"> ➤ shoulder shrug 	<ul style="list-style-type: none"> • tight body • movement only through the shoulders • arms straight 	<ul style="list-style-type: none"> • shrug through bent arms • arch in back • legs swinging
	<ul style="list-style-type: none"> ➤ Stand on block tuck swing forward and back to land or tuck swing from support 	<ul style="list-style-type: none"> • Lift knees to chest • Swing through shoulders not hips • Head neutral • Arms straight 	<ul style="list-style-type: none"> • Bent arms • Swing through hips • Falling forward or backwards
	<ul style="list-style-type: none"> ➤ <u>Basket hang</u> 	<ul style="list-style-type: none"> • Knees to nose • Legs straight • Eyes looking at knees • Legs horizontal • Hands inside bar 	<ul style="list-style-type: none"> • Bottom higher than feet • Hands on outside of bar • Rotation of body
	<ul style="list-style-type: none"> ➤ <u>Candle hang</u> 	<ul style="list-style-type: none"> • Scoop body • Look at toes • Legs straight and still • Hold 3 secs • Hands on inside of bar 	<ul style="list-style-type: none"> • Body arched • Legs bent • Hands on outside of bar

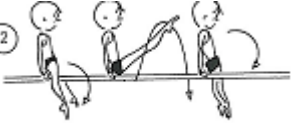
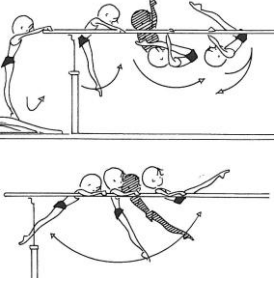
LEVEL 2: PBARS

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> ➤ Jump to straight body support 	<ul style="list-style-type: none"> • Straight arms • Chest scooped • Head neutral • Legs still • Hands shoulder width apart 	<ul style="list-style-type: none"> • Swing of legs • Body arched • Head back • Arms bent and too wide
	<ul style="list-style-type: none"> ➤ 1 x swings 	<ul style="list-style-type: none"> • swing through shoulders • body scooped • head neutral • arms straight 	<ul style="list-style-type: none"> • legs and arms bent • swing through hips • shoulders not stationary • arched body
	<ul style="list-style-type: none"> ➤ dismount to release bar to stand 	<ul style="list-style-type: none"> • swing through shoulders • aim for feet to go higher than the bar • shoulders stationary • bend legs on landing 	<ul style="list-style-type: none"> • leg swing through hips • arched body • arms and legs bent • head not neutral

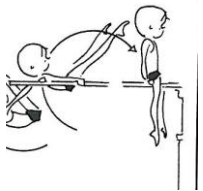
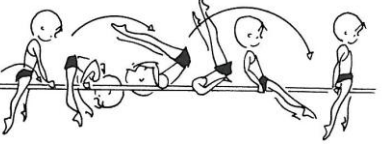
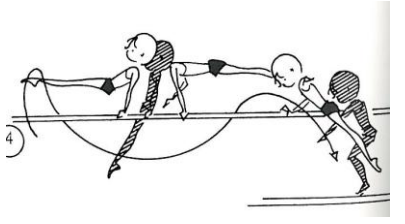
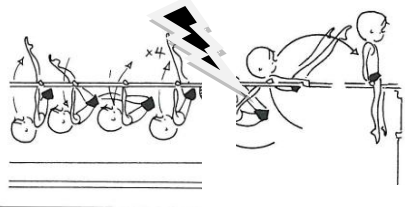
LEVEL 3:PBARS

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> ➤ Straddle to sit 	<ul style="list-style-type: none"> • Swing through shoulders • Legs raised higher than bar • Scoop in chest • Split legs above the bar to straddle • Tight legs land on inner thighs close to hands 	<ul style="list-style-type: none"> • Swing through hips • Bent legs in straddle • Landing legs away from hands
	<ul style="list-style-type: none"> ➤ Support swing backward and forward ➤ Swing back dismount 	<ul style="list-style-type: none"> • swing through shoulders • aim for feet to go higher than the bar • shoulders stationary • bend legs on landing 	<ul style="list-style-type: none"> • leg swing through hips • arched body • arms and legs bent • head not neutral
	<ul style="list-style-type: none"> ➤ <u>Glide Swing</u> 	<ul style="list-style-type: none"> • Hand grip on the inside of the bars • May start on block to increase length of swing • Scoop body in glide • Eyes looking at feet • May tuck to return or scoop to return. • Extension at the end of the swing 	<ul style="list-style-type: none"> • Short swing • No extension on the swing • Feet touching the floor • Body piked
	<ul style="list-style-type: none"> ➤ <u>Candle to basket hang roll over to feet</u> 	<ul style="list-style-type: none"> • Controlled transition between the two skills • Hands on the inside of the bars • May roll forward or backward. 	<ul style="list-style-type: none"> • Lack of control or shape of the skill

LEVEL 4: PBARS

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> ➤ Lift to L sit 	<ul style="list-style-type: none"> • Bottom stays near hands • Lift legs over bar • Legs and arms straight • Shoulders stay over the top of hands 	<ul style="list-style-type: none"> • Lift and not swing of legs • Bottom moving forward of hands • Legs touching bar during lift.
<p>No picture available</p>	<ul style="list-style-type: none"> ➤ Shoulder Stand on bar 	<ul style="list-style-type: none"> • Elbows out wide • Chest in • Legs straight • Head neutral 	<ul style="list-style-type: none"> • Legs bent • Falling out of skill • No scoop or straight shape of body
	<ul style="list-style-type: none"> ➤ Glide swing to upper arm 	<ul style="list-style-type: none"> • Long glide • Flat basket • Sharp kip • Wide upper arms • Swing from shoulders 	<ul style="list-style-type: none"> • Hitting floor on glide • Bent legs • Climb to upper arms

LEVEL 5: PBARS

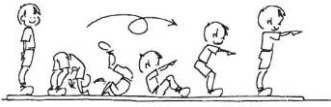
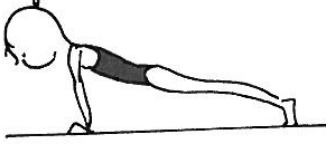
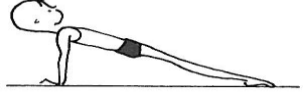
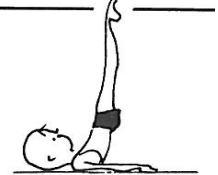
PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> ➤ Roll back to upper arm and kip to straddle sit 	<ul style="list-style-type: none"> • Shoulder lead movement backwards • Kip legs up and over the bar • Hips should land near hands • Go back to wide shoulders 	<ul style="list-style-type: none"> • Legs touching bar • Straddling forward away from hands • Legs bent
	<ul style="list-style-type: none"> ➤ Forward roll to straddle sit 	<ul style="list-style-type: none"> • Reach forward and lift bottom over head • Roll forward on upper arms (chicken wings) • To straddle legs over bar, bottom landing near hands 	<ul style="list-style-type: none"> • Bent legs through out roll • Roll not continuous (stop / start through movement)
	<ul style="list-style-type: none"> ➤ swing backward dismount (at least 45) 	<ul style="list-style-type: none"> • swing through shoulders • aim for feet to go higher than the bar • shoulders stationary • bend legs on landing • may go over rail or exit at the end of bars 	<ul style="list-style-type: none"> • leg swing through hips • arched body • arms and legs bent • head not neutral
	<ul style="list-style-type: none"> ➤ candle to basket, kip to straddle sit on bar 	<ul style="list-style-type: none"> • scoop in candle • close in basket • sharp kip action up to sit • tight legs 	<ul style="list-style-type: none"> • bent legs • basket incomplete • climbing to sit

GSA Gym for All Gym Challenge

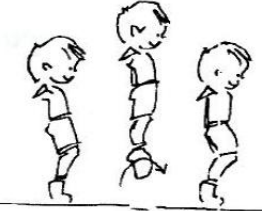
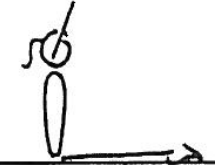


FLOOR: 5 skills to be performed. Extra skills may be added but will not be judged. Skills may be performed in any order but a skill sheet must be presented to the Judges prior to competing. Music is optional for all levels. (Music with words may be used – please check that the words are age appropriate.)

LEVEL 1 Time Limit: 25 – 45 secs.	LEVEL 2 Time Limit: 25 – 60 secs.	LEVEL 3 Time Limit: 25 – 60 secs.	LEVEL 4 Time Limit: 25 – 70 secs.	LEVEL 5 Time Limit: 25 – 70 secs.
<ul style="list-style-type: none"> ❖ Forward roll ❖ Front support ❖ Rear support ❖ Shoulder stand ❖ Straight jump ❖ L sit ❖ Straddle sit ❖ V sit 	<p>CHOOSE 5 SKILLS, WITH AT LEAST 2 FROM GP A</p> <ul style="list-style-type: none"> ❖ Forward roll to L sit or squat ❖ Shoulder stand, roll forward to stand ❖ Tuck handstand ➤ Front support, turn to rear support ➤ Pike position (head to knees) ➤ Dish hold ➤ ½ turn on two feet ➤ attitude hop x 2 ➤ step high kick x 2 (to 45°) ➤ straight jump ➤ tuck Jump 	<p>CHOOSE 5 SKILLS, WITH AT LEAST 2 FROM GP A</p> <ul style="list-style-type: none"> ❖ Cartwheel with optional finish ❖ Backward roll tucked ❖ Forward roll, straight jump OR forward roll to L-sit, head to knees ❖ Shoulder stand roll forward to stand ❖ Front support turn to rear support ❖ Kneeling stretch ❖ Step high kick x 2 (to 45°) ❖ Stag leap ❖ Straight jump ½ turn ❖ Passé ½ turn on one foot 	<p>CHOOSE 5 SKILLS, WITH AT LEAST 2 FROM GP A</p> <ul style="list-style-type: none"> ❖ Cartwheel ¼ turn in ❖ Backward roll in straddle or tuck ❖ Handstand step-down ❖ Forward kicks x 2 (to 60°) ❖ <u>Jump (optional)</u>, straight jump ½ turn series ❖ Stride leap ❖ Passé ½ turn on one foot, 1/2 on two feet ❖ Shoulder stand forward roll to stand ❖ Bridge ❖ Kneeling arabesque ❖ Forward roll, straight jump OR forward roll to L-sit, head to knees ❖ Scissor kick 	<p>CHOOSE 5 SKILLS, WITH AT LEAST 2 FROM GP A</p> <ul style="list-style-type: none"> ❖ Cartwheel x 2 (continuous, finishing with ¼ turn in or out) OR jump hurdle cartwheel, step in ❖ Backward roll (through front support or pike) ❖ High kick handstand forward roll ❖ Splits (side or front/back) ❖ Straight jump full turn OR straight jump, star jump, jump ½ turn series ❖ Small arabesque, stride leap x 2 ❖ 1/1 turn on one foot ❖ Scale (arabesque) ❖ Scissor kick



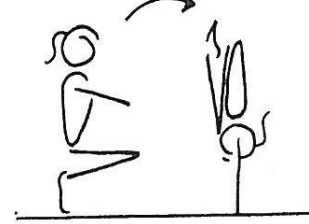


LEVEL 1: FLOOR

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> ➤ Forward roll 	<ul style="list-style-type: none"> • Head tucked in • Hands placed flat on floor • Legs together • Any exit 	<ul style="list-style-type: none"> • Rolling on head • Legs apart • Rolling to side
	<ul style="list-style-type: none"> ➤ Front support 	<ul style="list-style-type: none"> • Scoop in chest • Arms straight • Bottom down • Head neutral • Squeeze bottom 	<ul style="list-style-type: none"> • Arch in back • Head lifted • Arms bent
	<ul style="list-style-type: none"> ➤ Rear support 	<ul style="list-style-type: none"> • Fingers facing toes • Push bottom up • Head neutral 	<ul style="list-style-type: none"> • Sag in back • Hands turned away from toes • Legs bent and not together
	<ul style="list-style-type: none"> ➤ Shoulder stand 	<ul style="list-style-type: none"> • Toes to the ceiling • May use hands behind back • Chest in • Squeeze bottom and feet together 	<ul style="list-style-type: none"> • Bottom still on floor • Legs not stretched • Not holding shape


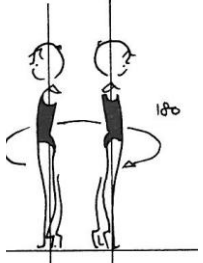
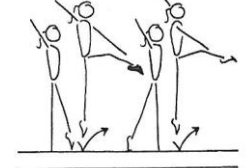
LEVEL 1: FLOOR

	<p>➤ <u>Straight jump</u></p>	<ul style="list-style-type: none"> • Use arms to jump • Tight body in air with stretched legs and feet • Land bent knees • Jump straight and down on spot • Height off the floor • Head neutral 	<ul style="list-style-type: none"> • Body arched in air • Body not tight • Legs bent • No flight • Jumping forward or backward
	<p>➤ <u>L sit</u></p>	<ul style="list-style-type: none"> • Back up tall • Arms above head • Stretch legs and together • Head neutral • Sit high on bottom 	<ul style="list-style-type: none"> • Sag on bottom • Arms not raised • Legs not stretched and together
	<p>➤ <u>Straddle sit –lean forward or back up straight</u></p>	<ul style="list-style-type: none"> • Back up tall • Arms above head • Stretch legs and turned out in straddle • Head neutral • Sit high on bottom 	<ul style="list-style-type: none"> • Feet rolled in • Back sagged • Legs not in straddle
	<p>➤ <u>V sit</u></p>	<ul style="list-style-type: none"> • Legs may be lifting through tuck or straight legs to V shape • Back straight • Hands maybe placed behind body for balance • Head neutral 	<ul style="list-style-type: none"> • Bent legs throughout skill • Sag in back • Head back

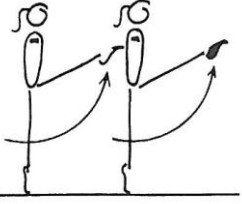
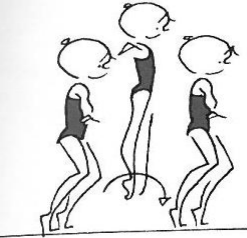
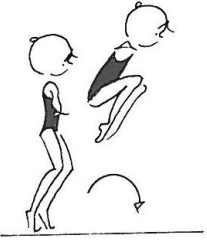
LEVEL 2: FLOOR

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> ➤ Forward roll L sit or squat 	<ul style="list-style-type: none"> • Head tucked in • Hands placed flat on floor • Legs together • Must hold finish shape eg L or squat 	<ul style="list-style-type: none"> • Rolling on head • Legs apart • Rolling to side
	<ul style="list-style-type: none"> ➤ Shoulder stand, roll forward to stand 	<ul style="list-style-type: none"> • Chest in • Reach forward to stand • Do not use hands on the floor 	<ul style="list-style-type: none"> • Bent legs through out skills • Using hands to stand • Legs falling over head
	<ul style="list-style-type: none"> ➤ Tuck handstand 	<ul style="list-style-type: none"> • Jump from 2 feet together • Bottom over head • Arms straight • Feet squeezed together • Arms squeezed to ears 	<ul style="list-style-type: none"> • Arms bent • Jumping one leg at a time • Feet apart
	<ul style="list-style-type: none"> ➤ Front support, turn to rear support 	<ul style="list-style-type: none"> • Hold front support shape • Turn hand in – lift other arm up to rotate • Squeeze bottom • Head neutral 	<ul style="list-style-type: none"> • Body sagged • Legs apart
	<ul style="list-style-type: none"> ➤ Pike position – head to knees 	<ul style="list-style-type: none"> • Legs together • Stretch up and over to legs • Back as flat as possible • Knees flat 	<ul style="list-style-type: none"> • Legs bent • Back raised

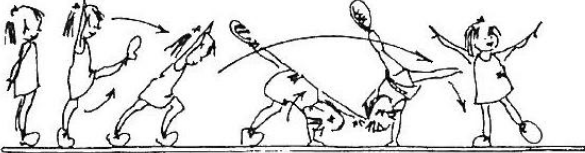
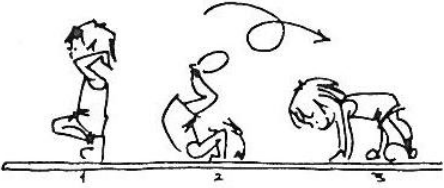
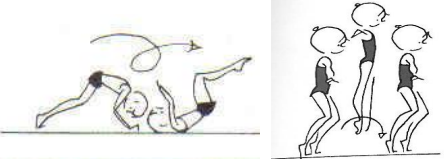

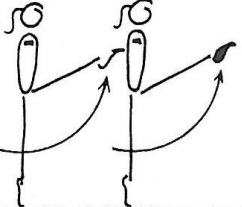
LEVEL 2: FLOOR

	<p>➤ Dish hold</p>	<ul style="list-style-type: none"> • Head and feet off the floor • Scoop in chest • Tight legs and body 	<ul style="list-style-type: none"> • Not lifting body off the floor • No scoop • Bent legs • No hold of the shape
	<p>➤ ½ turn on two feet</p>	<ul style="list-style-type: none"> • Back upright • Head neutral • One foot behind the other • On balls of feet, turn towards back leg • Push knees backward and squeeze bottom to balance • Turn fast, stay on balls of feet until the end of the turn • Focus on end of the beam- head to turn last to focus on other end of beam 	<ul style="list-style-type: none"> • Legs bent • Flapping of arms during turn • Head down • Sagging body • Turning the wrong way • Not spotting the beam with eyes and head
	<p>➤ Attitude hop x 2</p>	<ul style="list-style-type: none"> • Lift bent leg high • Bent leg heel toward supporting leg • Supporting leg straight and toe pointed during hop • Back tall 	<ul style="list-style-type: none"> • Legs bent • No lift from floor • Leaning forward • Sickled foot

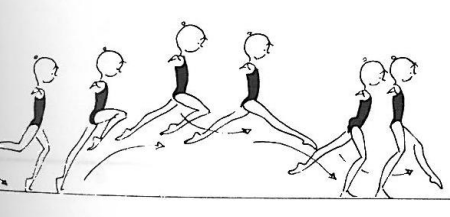

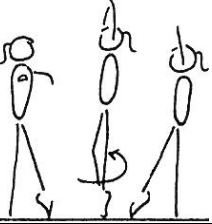

LEVEL 2: FLOOR

	<p>➤ Step high kick x 2 (to 45)</p>	<ul style="list-style-type: none"> • Back up • Both legs straight • Push knees back • Arms tight • Head neutral 	<ul style="list-style-type: none"> • Legs bending • Back forward • Head down • Arms flapping
	<p>➤ Straight jump</p>	<ul style="list-style-type: none"> • One foot in front of the other (if feet are small, can have feet together) • Swing arms down and up with the jump • Back up straight during the jump • Toes should point at the top of the jump • Land in motor bike 	<ul style="list-style-type: none"> • Not leaving the beam during the jump • Legs bent • Feet flexed • Arms not moving with jump
	<p>➤ Tuck Jump</p>	<ul style="list-style-type: none"> • Swing arms during jumps • Knees up to chest • Back straight • Land • Head neutral 	<ul style="list-style-type: none"> • No swing of arms • Not making the shapes of the jumps



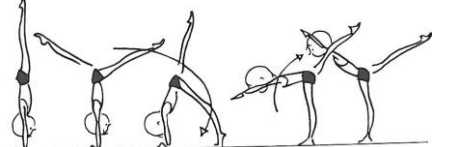
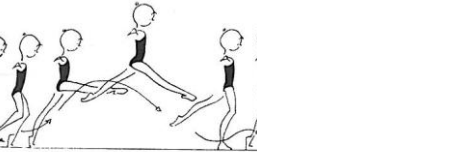
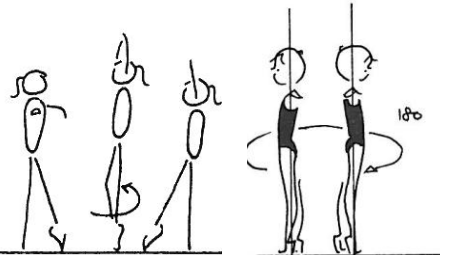
LEVEL 3: FLOOR

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> ➤ Cartwheel with optional finish 	<ul style="list-style-type: none"> • Hand, hand, foot, foot • Legs split • Land sideways or ¼ turn in • Head neutral 	<ul style="list-style-type: none"> • Two hands down together • Legs coming together • Arms and legs bent • Arched back
	<ul style="list-style-type: none"> ➤ Backward roll tucked 	<ul style="list-style-type: none"> • Hands may be placed on the floor near ears or behind neck • Open tuck through out movement • Tuck head • Push off hands 	<ul style="list-style-type: none"> • No push off hands • Knees into nose • Not completing the roll
	<ul style="list-style-type: none"> ➤ Forward roll, straight jump OR forward roll to L-sit 	<ul style="list-style-type: none"> • Head tucked in • Hands placed flat on floor • Legs together • Must hold finish shape in L shape • Reach forward to straight jump • Land bent legs 	<ul style="list-style-type: none"> • Rolling on head • Legs apart • Rolling to side
	<ul style="list-style-type: none"> ➤ Kneeling stretch 	<ul style="list-style-type: none"> • Arms and knee square • Arms straight and under shoulders • Leg raised as high as possible and held • Head neutral 	<ul style="list-style-type: none"> • Arms bent • Leg waving around • Arms and leg not square
	<ul style="list-style-type: none"> ➤ Step high kick x 2 (to 45°) 	<ul style="list-style-type: none"> • Both Legs straight • Back up tall • Head neutral • May be on toe or foot flat 	<ul style="list-style-type: none"> • Supporting leg bent • Back forward • Head back



LEVEL 3: FLOOR

	<p>➤ <u>Stag leap</u></p>	<ul style="list-style-type: none"> • Leap out and up • Front leg in and out • Land on bent leg and step forward • Back up straight 	<ul style="list-style-type: none"> • No flight or height • Back forward • Landing straight leg
	<p>➤ Straight jump ½ turn</p>	<ul style="list-style-type: none"> • Straight jump then ½ turn • Arms up in turn • Land bent legs • Jump should only travel up not out • Use head to spot 	<ul style="list-style-type: none"> • Body not tight • Turning before straight jump completed • Not use of head • Land straight legs
	<p>➤ Passé ½ turn on one foot</p>	<ul style="list-style-type: none"> • Raised on ball of foot to turn • Use head to spot • Supporting leg straight • Other leg knee turned out or straight forward • Use heel to turn 	<ul style="list-style-type: none"> • Supporting leg bent • Using arms to turn • Turn not controlled
	<p>➤ Cat Leap</p>	<ul style="list-style-type: none"> • Lifting alternate knees • Knees can be turned out or straight forward • Height in leap • Back up straight • Bent knees during landing 	<ul style="list-style-type: none"> • No change of legs • Knees low • Back leaning forward • Feet not stretched


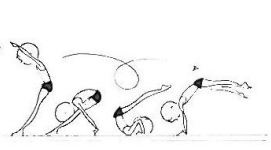


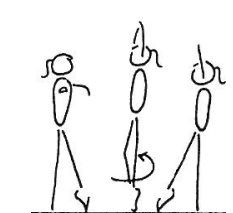
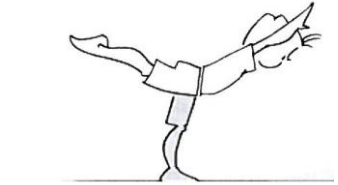
LEVEL 4:FLOOR

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> ➤ Cartwheel ¼ turn in 	<ul style="list-style-type: none"> • Hand,hand,foot,foot • Landing facing from where you came • Legs evenly apart • Smooth rhythm 	<ul style="list-style-type: none"> • Bent leg and arms • Landing facing the wrong way • Legs coming together during skill
	<ul style="list-style-type: none"> ➤ Backward roll in straddle 	<ul style="list-style-type: none"> • Sitting in straddle – hands between legs should hit the floor before the bottom • Push off hands • Legs straight to straddle stand 	<ul style="list-style-type: none"> • Legs bent • No push off hands – roll to side • Landing on bottom firmly
	<ul style="list-style-type: none"> ➤ Handstand step-down 	<ul style="list-style-type: none"> • Reach with hands • One leg up at a time • Meet together at vertical • Return to starting position 	<ul style="list-style-type: none"> • Arms and legs bend • Body not straight • Not showing handstand position • Not reaching vertical
	<ul style="list-style-type: none"> ➤ Stride leap 	<ul style="list-style-type: none"> • Stretch out as you leap • Back up straight • Both legs straight in air • Land on one bent leg 	<ul style="list-style-type: none"> • Legs bent • Legs not showing shape • Leaning forward
	<ul style="list-style-type: none"> ➤ Passé ½ turn on one foot, 1/2 on two feet 	<ul style="list-style-type: none"> • Turn on straight supporting leg • On toes to both turns • Back up tall • Squeeze bottom 	<ul style="list-style-type: none"> • Legs bent • Heel down • Incomplete turn • Leaning forward

LEVEL FOUR FLOOR

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
 A line drawing showing a person in a bridge position. The person is lying on their back with knees bent and feet flat on the floor. The hips are lifted, forming an inverted V-shape. A curved arrow indicates the upward movement of the hips.	➤ Bridge	<ul style="list-style-type: none">• Push up to chest over hands• Attempt to straighten legs (not required)• Head looking at hands• Hold position	<ul style="list-style-type: none">• Arms bent• Unable to lift off the floor• Pushing in the wrong direction (Should be pushing over hands)
 A line drawing showing a person performing a scissor kick. The person is in a crouched position with both feet on the floor. One leg is bent and the other is straight, with an arrow indicating the leg is being kicked forward. A second arrow shows the leg returning to the starting position.	➤ Scissor kick	<ul style="list-style-type: none">• Both legs straight• Change of legs• Lift off the floor• Land on bent leg step forward• Back straight up	<ul style="list-style-type: none">• Legs bent• No change of legs• Leaning forward

LEVEL 5:FLOOR

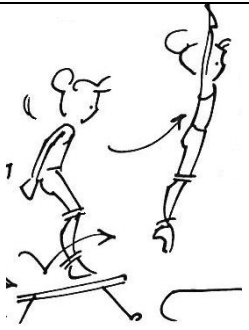
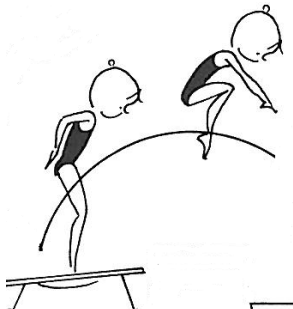
PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> ➤ Cartwheel x 2 (continuous, finishing with ¼ turn in or out) OR jump hurdle cartwheel, step in 	<ul style="list-style-type: none"> • Hand, hand,foot,foot • Legs apart • Land first cartwheel sideways to enter 2nd • Smooth rhythm of cartwheels 	<ul style="list-style-type: none"> • Bent legs • Legs coming together • No smooth transition from one cartwheel to next
	<ul style="list-style-type: none"> ➤ Backward roll (through to front support or pike) 	<ul style="list-style-type: none"> • Push off hands • Push straight to landing position • Chest in • Straight legs • Tight body 	<ul style="list-style-type: none"> • Legs bent • Not seeing shape of landing position • Arched back • Body not tight
	<ul style="list-style-type: none"> ➤ High kick handstand forward roll 	<ul style="list-style-type: none"> • Reach forward in handstand • Roll can be with straight arms or bent • Head & Chest in for the roll • Optional exit of roll 	<ul style="list-style-type: none"> • Not holding handstand • Fall into roll • Bounce on back along the floor • Not completing the skill
	<ul style="list-style-type: none"> ○ Splits (side or front/back) 	<ul style="list-style-type: none"> • Legs straight • Hips square • Back up straight • Hands maybe on the floor 	<ul style="list-style-type: none"> • Legs bent • Not completing splits • Hips not square
<p>NO PICTURE AVAILABLE</p>	<ul style="list-style-type: none"> ○ Small arabesque, stride leap x 2 	<ul style="list-style-type: none"> • Hips square • Back up straight • Supporting leg straight 	<ul style="list-style-type: none"> • Bent legs • Moving body during skill
	<ul style="list-style-type: none"> ○ 1/1 turn on one foot 	<ul style="list-style-type: none"> • Straight supporting leg • Turn on toes • Back straight • Spot using head 	<ul style="list-style-type: none"> • Leaning forward • Bent supporting leg • Falling off supporting leg • Not completing turn
	<ul style="list-style-type: none"> ○ Scale (arabesque) 	<ul style="list-style-type: none"> • Leg as high as possible • Back up tall or slightly forward • Supporting leg straight • Arms optional 	<ul style="list-style-type: none"> • Legs bent • Back forward – loss of shape

GSA Gym for All Gym Challenge

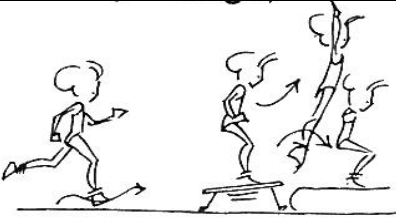
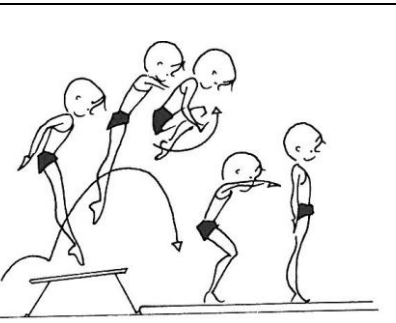
MINI TRAMP: 2 Jumps permitted. These may be the same or different. Each jump to be judged out of 5, scores to be added together for a score out of 10.

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
<ul style="list-style-type: none"> ➤ From box Straight jump to land ➤ From box tuck jump to land 	<ul style="list-style-type: none"> ➤ Straight jump ➤ Tuck jump 	<ul style="list-style-type: none"> ➤ Star jump ➤ Stag jump ➤ Straddle jump (back vertical) 	<ul style="list-style-type: none"> ➤ Dive roll ➤ Wolf jump ➤ Split jump ➤ Pike jump ➤ Straight jump with ½ turn ➤ Straddle pike jump (touch toes) 	<ul style="list-style-type: none"> ➤ Tuck front saulto ➤ Pike front saulto ➤ Barani ➤ Straddle,tuck,pike or wolf jump with full turn ➤ Straight jump with full turn ➤ Tuck ½ turn


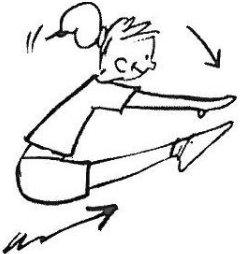
LEVEL 1: MINI TRAMP

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> ➤ From box Straight jump to land 	<ul style="list-style-type: none"> • Tight body in air • Arms by ears during jump • Squeeze bottom • Land with bent legs 	<ul style="list-style-type: none"> • No tight body • Bent legs • No holding landing
	<ul style="list-style-type: none"> ➤ From box tuck jump to land 	<ul style="list-style-type: none"> • Bring knees to chest • Back up tall • Land with bent knees 	<ul style="list-style-type: none"> • Leaning forward to knees • No holding landing • Knees not lifted

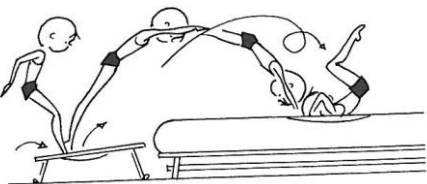
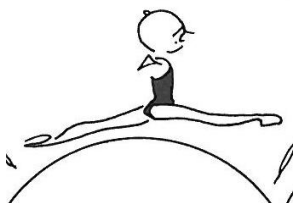
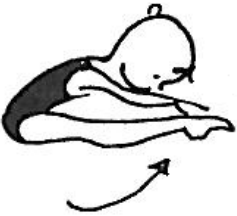
LEVEL 2: MINI TRAMP

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	➤ Run Straight Jump	<ul style="list-style-type: none">• Tight body in air• Arms by ears during jump• Squeeze bottom• Land with bent legs	<ul style="list-style-type: none">• No tight body• Bent legs• No holding landing
	➤ Run Tuck jump	<ul style="list-style-type: none">• Bring knees to chest• Back up tall• Land with bent knees	<ul style="list-style-type: none">• Leaning forward to knees• No holding landing• Knees not lifted

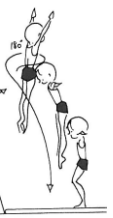
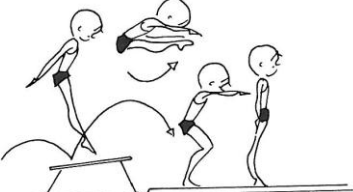

LEVEL 3: MINI TRAMP

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> ➤ Star Jump 	<ul style="list-style-type: none"> • Body straight • Legs make a star position • Legs must join before landing 	<ul style="list-style-type: none"> • Body not straight • Legs bent • No solid landing
<p>NO PICTURE AVAILABLE</p>	<ul style="list-style-type: none"> ➤ Stag Jump 	<ul style="list-style-type: none"> • Foot to knee • Back leg straight behind • Back up straight 	<ul style="list-style-type: none"> • Back leg bent • Leaning forward
	<ul style="list-style-type: none"> ➤ Straddle jump (back vertical) 	<ul style="list-style-type: none"> • Bring feet up to meet body • Even split of legs • Legs at least horizontal 	<ul style="list-style-type: none"> • Bent legs • Leaning to far forward

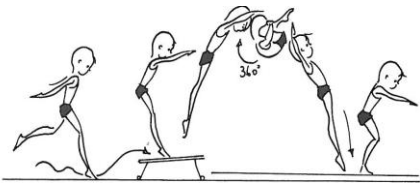
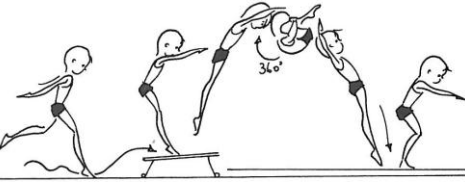

LEVEL 4: MINI TRAMP

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> ➤ Dive roll 	<ul style="list-style-type: none"> • Under swing of arms • Good dive onto mat • Tuck head • Hands must hit the mat • Tuck and roll 	<ul style="list-style-type: none"> • No hands on mat – no vault • Falling onto the mat • Not completing the roll
	<ul style="list-style-type: none"> ➤ Wolf jump 	<ul style="list-style-type: none"> • One leg bent other leg straight in front • Body leans forward over legs • Arms reach forward over legs 	<ul style="list-style-type: none"> • Bent straight leg • Not showing shape of jump
	<ul style="list-style-type: none"> ➤ Split jump 	<ul style="list-style-type: none"> • Legs to reach horizontal • Back up straight • Should be a long, high jump 	<ul style="list-style-type: none"> • Bent legs • Legs not reaching horizontal – stride leap • Back up straight
	<ul style="list-style-type: none"> ➤ Pike jump 	<ul style="list-style-type: none"> • Legs together • Lifted to horizontal • Back up straight or over legs 	<ul style="list-style-type: none"> • Legs bent • Legs Not reaching horizontal

LEVEL 4: MINI TRAMP

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> ➤ Straight jump ½ turn 	<ul style="list-style-type: none"> • Complete straight jump before turning • Spot with head • Lift arms to ears • Body tight – squeeze bottom • Land bending legs 	<ul style="list-style-type: none"> • Should be able to see the straight jump prior to the turn • 'stick' landing
	<ul style="list-style-type: none"> ➤ Straddle pike jump (touch toes) 	<ul style="list-style-type: none"> • Lift legs to chest • Stretch forward over legs 	<ul style="list-style-type: none"> • Legs horizontal • 'stick' landing
	<ul style="list-style-type: none"> ➤ Round off 	<ul style="list-style-type: none"> • Take off two feet on mini tramp • Hands onto mats • Chest in and push off hands • Feet come together before vertical • Land two feet on mat 	<ul style="list-style-type: none"> • Round off should be in a straight line • Legs together early • Push off hands

LEVEL 5: MINI TRAMP

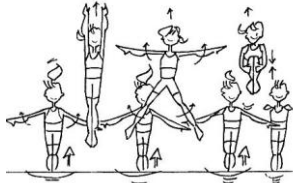

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> ➤ Tuck front saulto 	<ul style="list-style-type: none"> • Height off the mini tramp before rotation • Tight tuck • Open – look for wall in front of you. • Land bent legs 	<ul style="list-style-type: none"> • Height in saulto • Should be above shoulder height • 'stick' landing
	<ul style="list-style-type: none"> ➤ Pike front saulto 	<ul style="list-style-type: none"> • Legs straight – show pike position in air 	<ul style="list-style-type: none"> • Look for pike position and height • 'stick landing'
<p>NO PICTURE AVAILABLE</p>	<ul style="list-style-type: none"> ➤ Barani 	<ul style="list-style-type: none"> • This is a round off without hands on the mat • Take off two feet together • Legs should remain together throughout skill • ½ turn to land facing mini tramp 	<ul style="list-style-type: none"> • Height of the barani • Legs straight and together • landing
	<ul style="list-style-type: none"> ➤ Straight jump with full turn 	<ul style="list-style-type: none"> • Straight jump first – before turn • Spot with head • Tight body • Hands up to ears 	<ul style="list-style-type: none"> • Straight body and legs • See straight jump before turn • 'stick' landing
<p>NO PICTURE AVAILABLE</p>	<ul style="list-style-type: none"> ➤ Tuck ½ turn 	<ul style="list-style-type: none"> • Tuck knees to chest • Show tuck before turning • Knees together • Bend legs on landing 	<ul style="list-style-type: none"> • See tuck jump first then turn • 'stick' landing

TRAMPOLINE: 5 bounces permitted to start routine. Five skills permitted. These should be different.






Routine will be judged out of 10

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
<ul style="list-style-type: none"> ➤ Straight Jump ➤ Tuck Jump ➤ Star Jump ➤ Jump ½ turn ➤ Straight Jump 	<ul style="list-style-type: none"> ➤ Straight jump ➤ Star jump ➤ ½ turn straight jump ➤ Tuck jump ➤ Straddle jump 	<ul style="list-style-type: none"> ➤ Seat drop to feet ➤ Straight jump ➤ Tuck jump ➤ ½ turn straight jump ➤ Straddle jump ➤ Tuck donkey kick to handstand 	<ul style="list-style-type: none"> ➤ Seat drop ½ twist to feet ➤ Tuck jump ➤ Straddle pike jump ➤ ½ turn straight jump ➤ Pike jump ➤ From knees Pike to handstand 	<ul style="list-style-type: none"> ➤ Tuck jump ➤ Front drop to feet ➤ ½ turn straight jump to seat drop ➤ Swivel hips to feet ➤ Pike/straddle jump ➤ From knees straight body to handstand.

TRAMPOLINE SKILLS

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> ➤ Straight Jump ➤ Star Jump ➤ Tuck Jump 	<ul style="list-style-type: none"> • Watch the end of the frame • Stay in the centre of the tramp • Back straight – tight legs • Show distinct shapes • Check bounce to stop 	<ul style="list-style-type: none"> • See shapes of jumps • Back up – head neutral • In centre of tramp
	<ul style="list-style-type: none"> ➤ Seat drop ➤ Jump ½ turn 	<ul style="list-style-type: none"> • Arms in front of body • In seat drop – fingers facing toes • Feet apart on mat, together in the air • Watch the end of frame 	<ul style="list-style-type: none"> • L- shape in seat drop • No extra bounces • Tight body in air

TRAMPOLINE SKILLS

PICTURE	SKILL	KEY COACHING POINTS	DEDUCTIONS
	<ul style="list-style-type: none"> ➤ Straight Jump 	<ul style="list-style-type: none"> ➤ Controlled arm action ➤ Maintain vertical position, without travelling ➤ Tight body ➤ Feet apart on mat, together in the air 	<ul style="list-style-type: none"> • Straight body
	<ul style="list-style-type: none"> ➤ Swivel hips 	<ul style="list-style-type: none"> ➤ L-shape on seat – fingers facing toes ➤ Push on tramp with hands to straight body position ½ turn to seat drop ➤ Tight body through out 	<ul style="list-style-type: none"> • L-position and straight position should be seen • No intermediate jump between seat drops
	<ul style="list-style-type: none"> ➤ Angry cat to front drop 	<ul style="list-style-type: none"> ➤ Small bounces in angry cat, stretch legs and body to land on stomach ➤ hands in v – shape in front of head belly button straight down to cross on mat 	<ul style="list-style-type: none"> • should remain in middle of tramp • tight body in landing and angry cat
	<ul style="list-style-type: none"> ➤ Angry cat bounce - donkey kick to handstand 	<ul style="list-style-type: none"> ➤ Knees apart under hips ➤ Shoulders over hands ➤ Back round ➤ Legs to at least 45 degrees handstand 	<ul style="list-style-type: none"> • Falling out of handstand • Legs together in the air • See handstand shape
	<ul style="list-style-type: none"> ➤ 	<ul style="list-style-type: none"> ➤ Stay on same spot ➤ Jump up, lift legs to back ➤ Chin to chest ➤ Arms forward ➤ Scoop shape in body ➤ Legs can be bent or straight and must be together 	<ul style="list-style-type: none"> • Falling onto back • Legs apart • Not staying in centre of tramp

OPEN SECTION:

For coaching information on skills at this level coaches should be viewing the Levels Program disks or manuals for each Gymsport. These are available at Gymnastics Australia's web site from the Gym Shop.

<http://www.gymnastics.org.au/default.asp?MenuID=GymShop/c20040/3406>

LEVEL 6: This section is designed for those gymnasts whose skill level is higher than the Level 5 Gym For All Gym Challenge skills and have not competed in National streams within their particular gymsport

MASTERS: (level 7) (Open Age) 20 years and over – must have retired from competitive gymnastics for two years.

ALL STARS: (level 8) (Open ability) It is an opportunity for retired gymnasts or transferring National Levels gymnasts to compete at their particular level.

5 skills to be performed on each apparatus. These skills may come from the compulsory listing above or not. A skill sheet must be presented to the Judges prior to competing

SPORTS ACROBATICS:

Those clubs participating in Levels 1 – 3 will use the attached Manual 2007 -2008.

For those clubs wishing to compete at Level 4 and above – these clubs should use the current National Manual 2009 -2012. A copy of this program is available from the above Gymsphop.

Information for this manual has been gathered from the following sources:

Introductory Gymnastics – now available only on Ebay.

Gym Mix – Available from Gymnastics Australia

Gym Skools – available from Gymnastics Australia

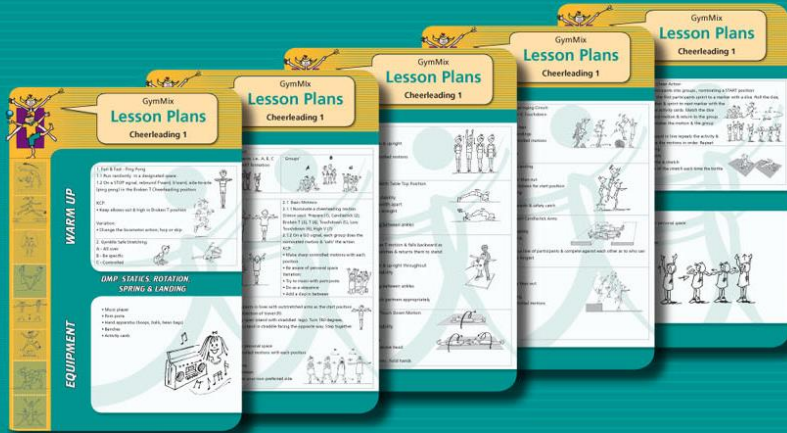
Levels programs of various Gymsports

This manual is free to all GSA GFA clubs and is not for sale. This manual can be found on the GSA GFA web site and will be updated as required. All clubs are free to print copies for their coaches.

also included...

LessonPlans

Sample Lesson Plans for a range of gymsport programs



PosterSet

A set of three A1 posters to promote good practice in the gym



A RESOURCE FOR
CLUBS AND
SCHOOLS

GymMix

GYMNASTICS FOR ALL
NATIONAL LEVELS PROGRAM...
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Gymnastics
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Australian Government
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What is GymMix...

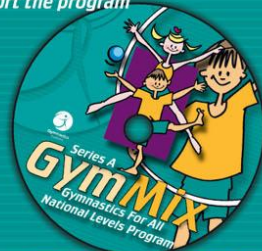
GymMix is a coaching and teaching resource for clubs and schools developed by Gymnastics Australia. The resource introduces participants to the fundamentals of gymnastics using a challenging, enjoyable and safe approach.

The GymMix CD-ROM includes:

- GymMix Program - An introduction to the fundamental teaching of gymnastics activities
- GymMix Activities - Activity Cards to coach and teach gymnastics skills across all gym sports
- Coaching/Teaching Kit - Tips on coaching and teaching gymnastics
- National Levels Program - Sequential skill based award program embracing all gym sports
- Lesson Plans - A series of five lesson plans for selected gym sports
- Templates - Provided to produce in-house resources to support the program

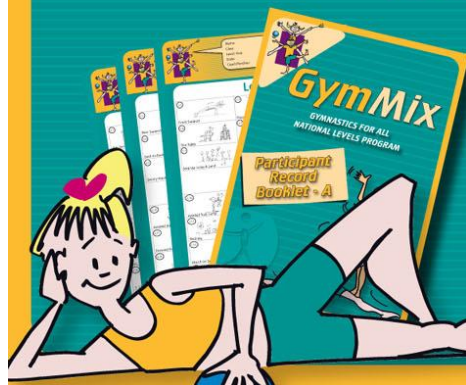
The GymMix Promotion Pack includes:

- GymMix Brochure
- GymMix CD-ROM
- Posters (3)
- Sample Certificates (4)
- Sample Participant Record Book
- Sample Participant Record Book Stickers
- Order Form - To order resources to support the program



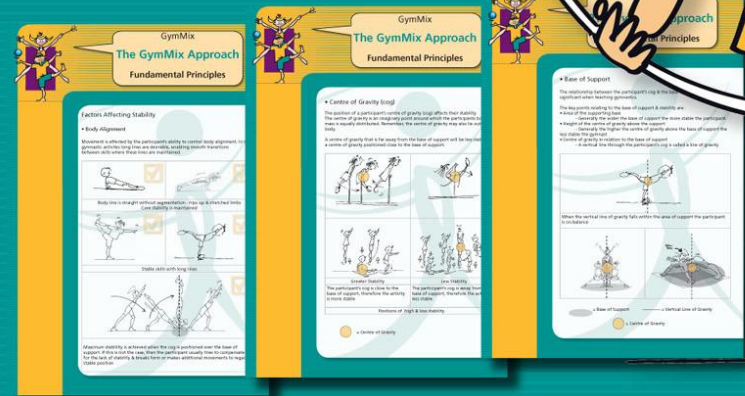
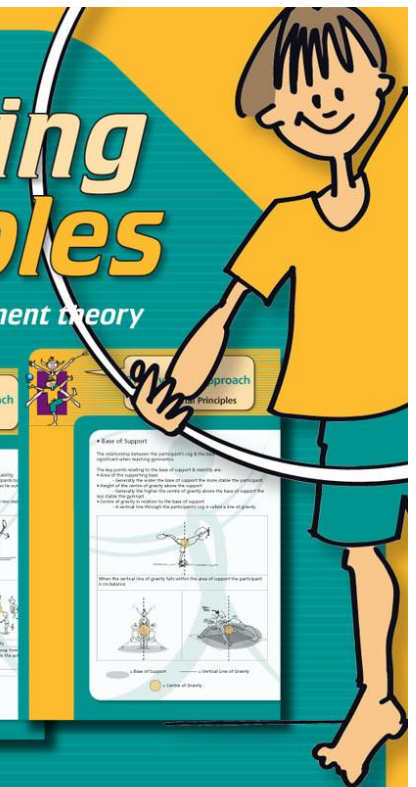
Levels Program

Series A (Levels 1-3) including Participant Record Book and Certificates



Coaching Principles

Introducing basic movement theory



Activity Cards

A range of exciting activities to promote independent learning

