

Curriculum - Gymsport Specific

WOMENS ARTISTIC

Intermediate	Advanced	Advanced Silver	High Performance
<p>Vaulting Effectively plan, implement and teach vaulting activities.</p> <ul style="list-style-type: none"> • Landing from height • Running • Hurdle • Jumping and take-off • Repulsion from hands 	<p>Vaulting Effectively plan, implement and teach vaulting activities.</p> <ul style="list-style-type: none"> • salto landing from height • Advanced hurdle drills • Front salto to 30 and 60 cm matting • Front layout to 30 and 60 cm matting • Handspring to back & feet 	<p>Vaulting Effectively plan, implement and teach Vaulting activities.</p> <ul style="list-style-type: none"> • Handspring forward with 360 turn • Handspring salto forward tucked • Tsukahara tucked • Handspring salto forward piked • Tsukahara straight • Yurchenko tuck • Yurchenko straight 	<p>AS DETERMINED BY FIG LEVEL 3</p>
<p>Uneven Bars/High Bar Effectively plan, implement and teach bar activities.</p> <ul style="list-style-type: none"> • Cast in support • Glide swing • Long swing • Back hip circle • Kip progressions 	<p>Bars Effectively plan, implement and teach bar activities.</p> <ul style="list-style-type: none"> • Cast to handstand • Development of turning on bars • Giants - forward and backward • Glide kip cast to horizontal in series • Fwd, bwd circle skills - clear, toe, stalder 	<p>Bars Effectively plan, implement and teach Bar activities.</p> <ul style="list-style-type: none"> • Giant Swing – Backward, Forward, L grip with 180 and 360 turn - various grips • Transition skills HB to LB - Overshoot to HS, Pak, Eyova • Sole circle LB to HB • Clear hip hecht LB to HB • Stalder and Endo circles • Clear hip circle to HS - 180 and 360 turn • Sole circle to HS - 180 and 360 turn • Inside Stalder to Handstand and with turn 	

		<ul style="list-style-type: none"> • Flight elements – Tkatchev, Jaeger, Gienger • Dismounts – double salto bwd tuck, straight 	
<p>Floor Effectively plan, implement and teach floor activities.</p> <ul style="list-style-type: none"> • Handstand • Forward and backward rolls • Limbers forward and backward • Walkover forward and backward • Cartwheel • Courbette / snapdown 	<p>Floor Effectively plan, implement and teach floor activities.</p> <ul style="list-style-type: none"> • Round-off • Front salto (tuck,pike,layout) • Back salto (tuck, pike,layout) • Handsprings / flyersprings • Backward handspring and round-off back handspring • Roundoff flic tuck & layout • Whips • Back roll to handstand & turning development 	<p>Floor Effectively plan, implement and teach floor activities.</p> <ul style="list-style-type: none"> • Salto forward. piked with 180° • Salto forward straight. with 180° • Salto forward with 360° • Salto forward with 540° • Salto backward with 180° • Salto backward with 360° • Salto backward with 540° • Salto backward with 720° • Double salto forward tucked • Double salto backward tucked • Simple acrobatic series 	<p>Floor Effectively plan, implement and teach floor activities.</p>
<p>Dance Skills Effectively plan, implement and teach dance skills</p> <ul style="list-style-type: none"> • ½ turn on two feet high toes • Piqué passe ½ turns • Jump, hop, leap progressions • Straight jump • Springs Right, Left assemble 	<p>Dance Effectively plan, implement and teach dance activities</p> <ul style="list-style-type: none"> • 1/2 turn in passe (be) • 1/1 turn in passe (be) • 1/1 passe pivot to close, lunge preparation • split jump, straight jump (fx, be) • Jump 1/2 and full turn • Sissone and stag leap • Split leap, split jump • Straddle jump 	<p>Dance Skills Effectively plan, implement and teach dance skills</p> <ul style="list-style-type: none"> • 2/1 turn in passe (& 3/1) • 1/1 horizontal turn • Switch leap • Tour jete • Straddle 1/2 	<p>Dance Effectively plan, implement and teach dance activities</p>
<p>Dance Choreography Musicality Effectively plan, implement and teach dance choreography musicality</p>	<p>Beam Effectively plan, implement and teach beam activities.</p> <ul style="list-style-type: none"> • Back handspring to 2 feet • back handspring stepout 	<p>Beam Effectively plan, implement and teach beam activities.</p> <ul style="list-style-type: none"> • Back handspring in series • Back handspring layout step 	<p>Beam Effectively plan, implement and teach beam activities.</p>

<p>activities</p> <ul style="list-style-type: none"> • Posture (beam and floor) • Basic ballet positions • Basic ballet barre complex • Basic floor and beam complex • Movement to music 	<ul style="list-style-type: none"> • Tic tocs, front and back walkovers • Cartwheel tuck dismount • Front salto dismounts 	<p>out</p> <ul style="list-style-type: none"> • Handspring backward - 900, 1800 • Saltos forward – tuck; aerial walkover • Saltos backward - tuck, pike, straight • Saltos sideward – tuck; aerial cartwheel • Dismounts with turns - medium difficulty • 1. Forward straight – 1800, 3600, 5400 • 2. Backward straight – 1800, 3600, 5400, 7200 • 3. Dismount – gainer straight - variations • 4. Dismounts with double saltos - tuck • Backward dynamic acrobatic connections to dismount 	
<p>Beam Effectively plan, implement and teach Beam activities.</p> <ul style="list-style-type: none"> • Handstand - lunge and stepdown • Side cartwheel and cartwheel to lunge • Bridges • Press development • Landings - on and off 	<p>Trampoline Effectively plan, implement and teach trampoline activities.</p> <ul style="list-style-type: none"> • Whip & back handspring • Handspring / flyspring to front salto • Back salto (tuck, pike, stretched) • Front salto (tuck, pike, stretched) • Twisting techniques 	<p>Trampoline Effectively plan, implement and teach Beam activities.</p> <ul style="list-style-type: none"> • Salto forward straight. with 180° to 540° • Salto backward straight. with 180° to 720° • Double salto forward tucked • Double salto backward tucked • Combination acrobatics 	
<p>Trampoline Effectively plan, implement and teach trampoline activities.</p> <ul style="list-style-type: none"> • Jumping • Body bounces 	<p>Dance Choreography Musicality Effectively plan, implement and teach dance choreography musicality activities</p> <ul style="list-style-type: none"> • Intermediate ballet barre • Develop, kicks, body 	<p>Dance Choreography Musicality Effectively plan, implement and teach dance choreography musicality activities</p> <ul style="list-style-type: none"> • Advanced ballet barre complex • Advanced Floor and Beam 	

<ul style="list-style-type: none"> • Front and back drop rotation skills • Handsprings / flysprings • Back handspring 	<p>contractions</p> <ul style="list-style-type: none"> • Intermediate Floor and beam complex / centre work , walking kicks, leaps and jumps & turns • Music styles and movement to music. • Creation of optional floor and beam routines 	<p>complex</p> <ul style="list-style-type: none"> • Development of Artistry in WAG gymnastics • Creation of advanced optional Beam and Floor routines 	
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MEN'S ARTISTIC

Intermediate	Advanced	Advanced Silver	High Performance
<p>Vaulting Effectively plan, implement and teach Vaulting activities.</p> <ul style="list-style-type: none"> • Running • Hurdle and take-off from board • Handstand flat-back • Basic landings 	<p>Vaulting Effectively plan, implement and teach Vaulting activities.</p> <ul style="list-style-type: none"> • Salto landing from height • Advanced hurdle drills • Front Salto to 30 and 60 cm matting • Front layout to 30 and 60 cm matting • Handspring to feet 	<p>Vaulting Effectively plan, implement and teach Vaulting activities.</p> <ul style="list-style-type: none"> • Handspring salto forward tucked • Tsukahara tucked • Tsukahara straight • Yurchenko tucked • Yurchenko straight 	<p>AS DETERMINED BY FIG LEVEL 3</p>
<p>High Bar Effectively plan, implement and teach High Bar activities.</p> <ul style="list-style-type: none"> • Tension swings • Long hang swings • Back hip pullover • Back hip circle • Cast in support 	<p>High Bar Effectively plan, implement and teach High Bar activities.</p> <ul style="list-style-type: none"> • Swing 1/2 turn to mixed grip • Giant swings - backward and forward • Kip to support • Fwd, bwd circle skills - clear, toe, stalder ?? • Flyaway - Tuck and layout 	<p>High Bar Effectively plan, implement and teach High Bar activities.</p> <ul style="list-style-type: none"> • "Giant swing forward with turns (180° to overgrip, 360° to mixed-grip and el-grip)" • Giant swing backward with turns (180° to under-grip and el-grip, 360° to over-grip) • Giant swing backward hop to under-grip • Giant swing in el-grip hop to under-grip • Endo • Stalder • Double salto backward tucked and straight • Gienger salto straight • Jaeger salto straddled • Tkatchev straddled • Dislocate (Adler) to handstand • Double salto forward tucked 	

<p>Floor Effectively plan, implement and teach Floor activities.</p> <ul style="list-style-type: none"> • Cartwheel • Forward and backward rolls • Bridge • Handstand • Courbette / snapdown 	<p>Floor Effectively plan, implement and teach Floor activities.</p> <ul style="list-style-type: none"> • Round-off • Front salto (tuck,pike,layout) • Back salto (tuck, pike,layout) • Handspring / fliers / headsprings • Backward handspring and round-off back handspring • Round-off flic tuck & Layout • Whips • Back roll to handstand & turning development 	<p>Floor Effectively plan, implement and teach Floor activities.</p> <ul style="list-style-type: none"> • Salto forward. piked with 180° • Salto forward straight. with 180° • Salto forward with 360° • Salto forward with 540° • Arabian salto • Salto backward with 180° • Salto backward with 360° • Salto backward with 540° • Salto backward with 720° • Double salto forward • Double salto backward • Connected saltos 	
<p>Pommel Horse Effectively plan, implement and teach Pommel Horse activities</p> <ul style="list-style-type: none"> • Double Leg Circles on Mushroom • Stride swings 	<p>Pommel Horse Effectively plan, implement and teach Pommel Horse activities</p> <ul style="list-style-type: none"> • Double leg circles (handles, loops) • Scissor • Czech (buck) • Stockli (buck) 	<p>Pommel Horse Effectively plan, implement and teach Pommel Horse activities</p> <ul style="list-style-type: none"> • Circles in cross support on 1 pommel • 3/3 cross support travels without pommels • Side support travels without pommels • ¼ spindles in succession on mushroom • ½ & 1/1 spindle on end in cross support • ½ turn variations from circles – kehr, wende 360° to 1080° forward, stockli backward, Czechkehr, direct stockli A and B with and without pommels • Hdst. dismount from undercut & flair • Scissors with ½ turn forward and backward 	

<p>Parallel Bars Effectively plan, implement and teach Parallel Bars activities.</p> <ul style="list-style-type: none"> • Cross support swings • Long Hang Swings 	<p>Parallel Bars Effectively plan, implement and teach Parallel Bar activities.</p> <ul style="list-style-type: none"> • Kip / drop kip • Swing to handstand • Back uprise / Front uprise • Basket swing / cast upper arm • Dismount - swing to handstand 	<p>Parallel Bars Effectively plan, implement and teach Parallel Bar activities.</p> <ul style="list-style-type: none"> • Layout back salto • Handstand turns – forward, backward, hop • Salto forward from support to support • Salto backward to handstand • Stützkehre • Diamidov • Moy to support • Giant swing • Healy turn to support • Felge (basket) to handstand • Double salto backward dismount 	
<p>Trampoline Effectively plan, implement and teach Trampoline activities.</p> <ul style="list-style-type: none"> • Basic jumps and landings • Body bounces - front and back • Front, back, seat, hands and knees drops • Combinations on trampoline • Drills for front handspring • Drills for back handspring 	<p>Trampoline Effectively plan, implement and teach Trampoline activities.</p> <ul style="list-style-type: none"> • Whip & back handspring • Handspring / flyspring to front salto • Back salto (tuck, pike, stretched) • Front salto (tuck, pike, stretched) • Twisting techniques 	<p>Trampoline Effectively plan, implement and teach Trampoline activities.</p> <ul style="list-style-type: none"> • Double back salto • Consecutive saltos on long tramp • Advanced twisting • Using Harness 	
<p>Rings Effectively plan, implement and teach Rings activities.</p> <ul style="list-style-type: none"> • Basket 	<p>Rings Effectively plan, implement and teach Rings activities.</p> <ul style="list-style-type: none"> • Support 	<p>Rings Effectively plan, implement and teach Rings activities.</p> <ul style="list-style-type: none"> • Strength holds – cross, L-cross, 	

<ul style="list-style-type: none"> • Stretched inverted hang – candle • Long hang swings 	<ul style="list-style-type: none"> • Inlocate • Dislocate • Cast • Saulto dismount 	<p>support lever, swallow, inverted cross</p> <ul style="list-style-type: none"> • Giant swing forward • Giant swing backward • Honma piked • Double salto backward tucked and straight • Advanced strength complexes • Salto forward with 180° and 540° • Salto backward with 360° and 720° • Double salto forward tucked 	
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GYMNASTICS FOR ALL

Intermediate	Advanced	Advanced Silver
<p>Tumbling Effectively plan, implement and teach Tumbling activities.</p> <ul style="list-style-type: none"> • Handstand • Forward / backward roll • Cartwheel • Limbers/ walkovers • Round-off 	<p>Tumbling Effectively plan, implement and teach tumbling activities.</p> <ul style="list-style-type: none"> • Dive rolls • Back handsprings • Front saults • Back saults • Aerial cartwheel / side sault • Front handspring • Skill connections 	<p>SynchroTumbling Effectively plan, implement and teach Synchro tumbling activities.</p> <ul style="list-style-type: none"> • Tumbling runs - skill combinations • Synchronisation • Intensification
<p>Spring – Mini-Trampoline, Trampoline, Vault Effectively plan, implement and teach Spring activities.</p> <ul style="list-style-type: none"> • Landings from height • Jumps and shapes • Hurdle step to jump take-off • Over, around, along, through • Tramp drops: hand & knees, seat, front, back • Equipment set-ups 	<p>Spring – mini trampoline, trampoline, vault Effectively plan, implement and teach spring activities.</p> <ul style="list-style-type: none"> • Synchronised • Dive rolls • Back saults • Front saults • Front drop twists • Back drop twists • Basic tramp combos 	<p>Spring – mini trampoline, trampoline, vault Effectively plan, implement and teach spring activities.</p> <ul style="list-style-type: none"> • Front layout • Back layout • Front layout 180-360° twist • Back layout 180-360° twist • Intensification • Springing performance • Mini-tramp vaulting

<p>Swing - Bars Effectively plan, implement and teach Swing activities.</p> <ul style="list-style-type: none"> • Long swing • Swing in support • Pullover • Back hip circle • Under swing • Glide swings 	<p>Combinations and explorations Effectively plan, implement and teach combinations and explorations activities.</p> <ul style="list-style-type: none"> • Traditional equipment • Homemade equipment • Recycled equipment 	<p>Developing and Using Innovative Equipment Effectively plan, implement and teach using bigger equipment innovatively activities and safety considerations:</p> <ul style="list-style-type: none"> • Ideas for building new styles of equipment
<p>Acrobatics Effectively plan, implement and teach Acrobatics activities</p> <ul style="list-style-type: none"> • Front support skills • Thigh stands • Birdie on feet • Box on box 	<p>Acrobatics Effectively plan, implement and teach acrobatics activities</p> <ul style="list-style-type: none"> • Basket pitch and catch • Swing pitches • swing catches • Single pitch jump • Double foot pitch jump • Birdie pop to recatch • Standing on shoulders 	<p>Acrobatics Effectively plan, implement and teach acrobatics activities</p> <ul style="list-style-type: none"> • Creative entries, combinations and exits • Safety - the ins and outs • Using choreography/dance • Using gymnastics skills • Using apparatus • Pitch salto • Group balances
<p>Small Equipment Effectively plan, implement and teach small equipment activities.</p> <ul style="list-style-type: none"> • Elastic bands • Pool noodles • Tunnels • Scarves 	<p>Using bigger equipment innovatively Effectively plan, implement and teach using bigger equipment innovatively activities. and safety considerations:</p> <ul style="list-style-type: none"> • Crashmats • Air mats • Shapes • Swiss balls 	<p>Rope skipping Effectively plan, implement and teach rope skipping activities.</p> <ul style="list-style-type: none"> • Single • Long • Double dutch • Combinations • routines • Competitions and display opportunities around the world

<p>Hand Apparatus Effectively plan, implement and teach hand apparatus activities.</p> <ul style="list-style-type: none"> • DMP's for apparatus • Throws • Rotation • Rolls • Passing around body • Passing under body 	<p>Group Activities Effectively plan, implement and teach group activities.</p> <ul style="list-style-type: none"> • Exchanges • Hand apparatus in group routines • Juggling • combining other apparatus • Display formations from Gymbuddies 	<p>Choreography and Dance Effectively plan, implement and teach choreography and dance activities.</p> <ul style="list-style-type: none"> • Dance styles • Advanced movement Synchronisation • Large group performance • Rules and regulations • Travelling OS - what you to prepare
<p>Dance and Choreography Effectively plan, implement and teach dance and choreography activities.</p> <ul style="list-style-type: none"> • Movement to Music • Moving together • Travelling • Music mapping • Structure of a Routine • Formations • Transitions • Performance 	<p>Choreography and dance Effectively plan, implement and teach choreography and dance activities.</p> <ul style="list-style-type: none"> • Performance Skills • Movement changers • Elements of choreography • Choreography with/ on apparatus • Performance • Displays across the spectrum- age and abilities • Displays with people with disabilities 	

KINDERGYM

Intermediate	Advanced (TBC)
<p>Gross and fine motor skills Effectively plan, implement and teach Gross and fine motor skills activities.</p> <ul style="list-style-type: none"> • Backward roll with wedge • Cartwheel • Catching • Kicking • Under arm throwing • Dynamic balance 	<p>Gross and fine motor skills Effectively plan, implement and teach gross and fine motor skills activities.</p> <ul style="list-style-type: none"> • Developing gross motor skills further
<p>DMPs Effectively plan, implement and teach DMPs activities.</p> <ul style="list-style-type: none"> • Statics • Landing • Swing • Spring • Rotation • Locomotion 	<p>Object management skills Effectively plan, implement and teach object management skills activities.</p> <ul style="list-style-type: none"> • Hand apparatus
<p>Object management skills Effectively plan, implement and teach object management skills activities.</p> <ul style="list-style-type: none"> • Propelling • Controlling • Receiving 	<p>Teaching methods Effectively plan and deliver sessions using different teaching methods.</p> <ul style="list-style-type: none"> • Role plays • Developing the leader
<p>equipment Effectively plan, implement and teach equipment activities</p> <ul style="list-style-type: none"> • Pathways • Themes • Linking equipment • Space • Music • Modifications and innovation 	<p>Other Effectively plan, implement and teach other activities</p> <ul style="list-style-type: none"> • Brain-body links • Developing inclusion

Teaching methods Effectively plan, implement and teach teaching methods activities <ul style="list-style-type: none">• Direct• Free Exploration• Group time	
Other Effectively plan, implement and teach Other activities. <ul style="list-style-type: none">• Class design• Circuit design• Planning themes• Age characteristics	

ACROBATICS

Intermediate	Advanced	Advanced Silver	High Performance
<p>Principles Of Acro Effectively plan, implement and teach Principles of Acro activities.</p> <ul style="list-style-type: none"> • Points of support and weight transfer • Basic grips and hand and feet positions • The role of the base, top, middle and “spotter” • Entry, exit and readiness • Principles of good posture 	<p>Principles of Acro Effectively plan, implement and teach Vaulting activities. considerations:</p> <ul style="list-style-type: none"> • Routine development and construction • Shaping and specific ACR conditioning • Group A Handstands • Press to Handstand • Split press to handstand • Straddle Lever • Half Lever 	<p>Principles of Acro Effectively plan, implement and teach Vaulting activities. considerations:</p> <ul style="list-style-type: none"> • Routine requirements • Tariff sheets • FIG tables of Difficulty • Points of support • Talent identification • Group B Handstands - Overarch and Super Arch • 'Group C to E Handstands Jaegar, Flag and Planche 	<p>AS DETERMINED BY FIG LEVEL 3</p>
<p>Individual skills Effectively plan, implement and teach Individual Skills activities.</p> <ul style="list-style-type: none"> • Forward and backward rolls • Handstand • Limbers • Cartwheels - side and step in • Courbette / snapdown 	<p>Individual Skills Effectively plan, implement and teach Individual Skills activities.</p> <ul style="list-style-type: none"> • Round-off • "Balance - Crocodile" • Flex - Healy • Front handspring • Agility - Flic step out • Round-off back handspring • Back tuck salto • Front tuck salto 	<p>Individual Skills Effectively plan, implement and teach Individual Skills activities.</p> <ul style="list-style-type: none"> • Chest stand • Elbow walk over to split • Tuck sault to knee • Split press to handstand • Valdez • Flic tuck and flic layout • Handspring front salto • Arabian salto • Side salto • Layout to split • Straight back salto with 360' • 	
<p>Pair Balance Effectively plan, implement and teach Pair Balance activities.</p>	<p>Pair balance Effectively plan, implement and teach Pair balance activities.</p> <ul style="list-style-type: none"> • "Unsupported hstd 	<p>Pair balance Effectively plan, implement and teach Pair balance activities.</p> <ul style="list-style-type: none"> • Unsupported and high 	

<ul style="list-style-type: none"> • Bird on feet • Supported handstand on feet • Standing on shoulders • Standing on thighs 	<ul style="list-style-type: none"> • tuck/straddle /pike hold" • base lying down - holding tops foot in tied hands. Top performs various optional poV • Straddle on low candle • standing on hands • handstand on shoulders with support from base OR top standing on 1 leg on shoulder of Base • Crocodile on split head/hand • base slide to split / Stand to sit 	<p>handstand</p> <ul style="list-style-type: none"> • 1 ft to stand in hand (1:1) • 2:2 Standing high • 2:2 PoV high candle • 2:1 straddle on bridge • 1 arm back birdie • 2:1 top PoV • high candle to low (P) Base 180 (p) • "1 ft standing high (1:1) • Top optional PoV" • 2:2 handstand; POV with motion 2:1/1:1 • 1 arm inverted split 	
<p>Trio Balance Effectively plan, implement and teach Trio Balance activities</p> <ul style="list-style-type: none"> • Category 1 – Two bases, top stands on lower back of base and middle • Category 2 – Front support pyramid (two tops) • Category 3 – One base in different positions • Category 4 – Middle on shoulders of base • Category 5 – Standing on thighs with support (middle on feet of base) 	<p>Trio Balance Effectively plan, implement and teach Trio Balance activities</p> <ul style="list-style-type: none"> • L5 trio supported and unsupported handstand • Base in lunge, M in straddle on B's back leg (supporting hand on B's shoulder). T standing on B's shoulders. • Base - 1 arm bunk, free arm extended. Middle lies on Base with legs straight, head towards Base's knees. Middle may hold onto Base. Top performs a tuck hold on Middle's feet • Perhaps Page 73 Row E skill 4 value 7 OR Page 74 Row D Skill 1 Value 5. • "Top performs tuck lever on middles feet. Middle is supported by Base's feet. Base lying, legs straight 	<p>Trio Balance Effectively plan, implement and teach Trio Balance activities</p> <ul style="list-style-type: none"> • B& M Side by side bridge, T in position value >2 (hand to foot) • B&, Handstand Teepee, T in press to handstand • B in bridge, M in semi supported handstand, T in POV >2 (hand to foot) • B in bridge, M in bridge, T in POV > 3 • B in split, M stand on shoulders holding high, T in POV. • "Top performs tuck lever on middles 1 foot. Middle is supported by Base's 1 foot. Base lying, legs straight and vertical. Base and middle hold hands " • B in lunge, M in arch handstand holding B's waist, B supporting under M's thigh, T in POV hand 	

	and vertical. Base and middle hold hands "	to body)	
<p>Pair Dynamic Effectively plan, implement and teach Pair Dynamic activities.</p> <ul style="list-style-type: none"> • Dynamic – Assisted straight jump • Dismount – Straight jump off back • Bird on feet, pop and re-catch • Foot pitch straight jump 	<p>Pair Dynamic Effectively plan, implement and teach Pair Dynamic activities</p> <ul style="list-style-type: none"> • Foot pitch straight jump • Back pike from hands • Bird pop re catch • Pitch to Catch feet 	<p>Pair Dynamic Effectively plan, implement and teach Pair Dynamic activities</p> <ul style="list-style-type: none"> • "Front layout over head throw from thigh or R/O salto over head" • Back layout from hands ≥ 180 twist • Pitch catch bird - this should go into bronze • Pitch to Catch Handstand - Cascade • Front layout overhead ≥ 180 twist • Double salto from pitch or hands • Handspring to handstand • Stand in Hands recatch - 180 twist recatch or courbette recatch 	
<p>Trio Dynamic Effectively plan, implement and teach Trio dynamic activities.</p> <ul style="list-style-type: none"> • Dynamic – Jump from floor to basket • Dismount – Double foot pitch straight jump • Catch – Sit in platform, throw to dish in basket 	<p>Trio dynamic Effectively plan, implement and teach Trio dynamic activities.</p> <ul style="list-style-type: none"> • Boost skill, straight jump platform/pitch layout salto • 3/4 front salto platform to basket • Handstand Release to 1/4 to catch in basket 	<p>Trio dynamic Effectively plan, implement and teach Trio dynamic activities.</p> <ul style="list-style-type: none"> • Front layout overhead L6 1C • Platform or pitch Back layout ≥ 180 twist • "Helicopter 2/4 ≥ 180 OR 4/4 pike to wrap from basket" • Handstand release 3/4 scoop to catch in basket • Round off double salto • Pitch/platform 4/4 salto ≥ 360 • Platform layout recatch • Handstand on platform , throwing and/or catch in 	

		handstand	
Dance Choreography Musicality Effectively plan, implement and teach Dance Choreography Musicality activities. <ul style="list-style-type: none"> • Basic ballet positions • Basic ballet barre complex • Demonstrate an understanding of different beats • Body movements at different tempos • Selection of age appropriate music 	Dance Choreography musicality Effectively plan, implement and teach Dance Choreography musicality activities. <ul style="list-style-type: none"> • Demonstrating floor coverage and use of the 3D space. • Recognise themes and emotions of music by preparing a piece of choreography with varied movements, relationships and accents. 	Dance Choreography musicality Effectively plan, implement and teach Dance Choreography musicality activities. <ul style="list-style-type: none"> • Musical interpretation • Variety of music and choreography to communicate a story line or theme. • Selection of leotards/attire to suit the composition of the choreography. • Demonstrate three choreographed pieces of different styles/themes/story lines. 	

AEROBICS

Intermediate	Advanced	Advanced Silver	High Performance
<p>Acrobatic Skills Effectively plan, implement and teach Acrobatic skills activities.</p> <ul style="list-style-type: none"> • Fwd roll • Bwd roll 	<p>General Effectively plan, implement and teach General activities.</p> <ul style="list-style-type: none"> • Routine development and construction • Strength and conditioning • Include Plyometric Training 	<p>Acrobatic Skills Effectively plan, implement and teach Acrobatic skills activities.</p> <ul style="list-style-type: none"> • Round-off • Headspring • Forward Handspring • Back handspring • Saltos – fwd / bwd / sideways 	<p>AS DETERMINED BY FIG LEVEL 3</p>
<p>Static Strength Effectively plan, implement and teach Static Strength activities.</p> <ul style="list-style-type: none"> • L Support • Straddle 	<p>Acrobatic skills Effectively plan, implement and teach Acrobatic skills activities.</p> <ul style="list-style-type: none"> • Dive roll • Handstand • Cartwheel • Handstand forward roll • Bwd roll to handstand • Walkovers – forward / backward 	<p>Static Strength Effectively plan, implement and teach Static Strength activities.</p> <ul style="list-style-type: none"> • 1/1 turn in support (L, straddle, V, lever) 1/1 turn straddle support • Moldovan 1/1 • Straddle planche 	
<p>Dynamic Strength Effectively plan, implement and teach Dynamic Strength activities.</p> <ul style="list-style-type: none"> • Push up • Tricep Push up 	<p>Static strength Effectively plan, implement and teach Static strength activities.</p> <ul style="list-style-type: none"> • Straddle V support • V support • Horizontal support • ½ turn in support 	<p>Dynamic Strength Effectively plan, implement and teach Dynamic Strength activities.</p> <ul style="list-style-type: none"> • Plio PU ,Explosive A Frame • PU 1/1 to PU • Wenson hinge, free Wenson, free Wenson hinge or lateral PU • High V support ½ PU, to split • Double leg circle, Flair • Helicopter , Helicopter to split 	

<p>Turns and Split Elements Effectively plan, implement and teach Turns and Split Elements activities</p> <ul style="list-style-type: none"> • Splits / Vertical Split / pancake 	<p>Dynamic Strength Effectively plan, implement and teach Dynamic Strength activities.</p> <ul style="list-style-type: none"> • Wenson push-up • A Frame 	<p>Turns and Split Elements Effectively plan, implement and teach Turns and Split Elements activities</p> <ul style="list-style-type: none"> • Free support balance (frontal, lateral, vertical split) • Balance full turn • 1 ½ , 2/1 turn • 1/1 horizontal to vertical split • 1/1 to vertical split • Free vertical split • Illusion to vertical split 	
<p>Jumps and Leaps Effectively plan, implement and teach Jumps and Leaps activities</p> <ul style="list-style-type: none"> • Straight Jump • Tuck jump • Jumps with 1/2 and full turns • Air Jack • Stride leap • Scissor leap 	<p>Turns and split elements Effectively plan, implement and teach Turns and split elements activities</p> <ul style="list-style-type: none"> • Illusion • 1 turn to Vertical Split 	<p>Jumps and Leaps Effectively plan, implement and teach Jumps and Leaps activities</p> <ul style="list-style-type: none"> • 1 ½ and 2/1 • 1 ½ and 2/1 to PU • ½ turn Forms, ½ and ½ • ½ turn Forms ½ to split • ½ turn Forms ½ to PU • Straddle jump • Butterfly • Off axis 	
<p>Choreography Effectively plan, implement and teach Choreography activities.</p> <ul style="list-style-type: none"> • Music and Musicality • Aerobic Content • Transitions • Links • Lifts and interactions • Space and Formations • Artistry 	<p>Jumps and Leaps Effectively plan, implement and teach Jumps and Leaps activities</p> <ul style="list-style-type: none"> • Straddle / Pike jumps • Jumps with rotation to feet - Str, T, Coss, Spl, Str, Pi • Jumps with rotation to split landings - Str, T, Coss, Spl, Str, Pi • Switch Split Leap • Free fall , ½ turn, gainer, 1/1 to PU • Forms to PU • ** straight, tuck, cossack, split, straddle, pike 	<p>Choreography Effectively plan, implement and teach Choreography activities.</p> <ul style="list-style-type: none"> • Produce 1/2 or full routine • Insert given elements • Produce choreography notes 	

	Choreography Effectively plan, implement and teach Choreography activities. <ul style="list-style-type: none">• Complexity• Transitions/linking• AMPs - Arms / Legs• Opening and Endings		
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RHYTHMIC

Intermediate	Advanced	Advanced Silver	High Performance
<p>General Effectively plan, implement and teach General activities.</p> <ul style="list-style-type: none"> • Basic ballet and posture, arms and feet positions • Basic ballet barre • Basic floor progressions • Movement to music • choreography 	<p>General Effectively plan, implement and teach General activities.</p> <ul style="list-style-type: none"> • Routine development and construction • Groups / multiples • Physical preparation 	<p>Jumps Effectively plan, implement and teach jump activities.</p> <ul style="list-style-type: none"> • WITH TAKE OFF FROM 2 FEET • Split leaps (#3) L2 • Pike jumps with legs together (#36) L2 • WITH TAKE OFF FROM 1 FOOT • Pike jumps from one foot (#36) L2 • FROM 1 FOOT WITH TRAVEL • Split leaps (#1) L2 • With ring (#1) L2 • Split leaps with leg switch (#7,9) L2 • Stag leap with ring L2 • JUMPS with ROTATION • Sauts verticaux en tournant more than 360° (#46) (L2) • Sauts groupés more than 360° (#45) (L2) • Fouetté (#33,34) L2 	<p>AS DETERMINED BY FIG LEVEL 3</p>
<p>Freehand Effectively plan, implement and teach Freehand activities.</p> <ul style="list-style-type: none"> • Scissor, tuck jump • Low arabesque pivot • Balance in passe • Front horizontal balance 	<p>Choreography Effectively plan, implement and teach Choreography activities.</p> <ul style="list-style-type: none"> • Linking movements, handling variety • static, levels of space, unity • Music • left and right hand 	<p>Apparatus Effectively plan, implement and teach apparatus activities.</p> <ul style="list-style-type: none"> • Variety in 'throw and catch'. Risk introduction min. 2 elements with rotation plus additional criteria. • Body Movement difficulties, combinations of several mastery components in one set of 	

<ul style="list-style-type: none"> • Chaine, body waves • Waltz, grapevine, step hop 		<p>dance, new and novel ways of using mastery.</p> <ul style="list-style-type: none"> • Fundamental and Other Technical Groups / Mastery / Risk 	
<p>Rope Effectively plan, implement and teach Rope activities.</p> <ul style="list-style-type: none"> • Open rope catch • Skipping, travelling forward • Rotations while balancing on two feet • Wraps • Vertical Échappé • Standing circumduction 	<p>Flexibility Effectively plan, implement and teach flexibility activities</p> <ul style="list-style-type: none"> • Trunk bent over the leg at the horizontal in different directions: forward, backwards or sideways (#1, #2, & #3) L1 • Splits with slow turn (180°-360°) with help (#4,6,8) L1 • Ring with slow turn (180°-360°) with help (#10) L1 • Circle with help (#14B,C) L1 • Side splits with trunk at the horizontal with help (#16B) L1 • Back splits with trunk at the horizontal with help (#18B) L1 • Penchée (#20) L1 • Below the horizontal, support on feet or knees (#29) L1 • Lying on the stomach (#30B) L1 • Splits on the floor front or back with side roll (360°) (#33A) L1 	<p>Balances Effectively plan, implement and teach balance activities.</p> <ul style="list-style-type: none"> • Arabesque on the knee (#38) L2 • Attitude on the knee (#40) L2 • Back splits with help (#12) L2 • Leg in ring position with help (#16) L2 • All other variations of free leg front at the horizontal (#4,31) L2 • Front splits with help and on the knee (#5,32) L2 • Leg sideways at the horizontal (second position) on the knee (#35) L2 • Side splits with help and also on the knee (#8,36) L2 • Front scale (#23) L2 • Back scale (#20) L2 • Side scale (#21) L2 	
<p>Hoop Effectively plan, implement and teach Hoop activities</p> <ul style="list-style-type: none"> • On body and on floor • Retro roll 	<p>Freehand Acrobatics Effectively plan, implement and teach Freehand Acrobatics activities</p> <ul style="list-style-type: none"> • Rolls on floor 	<p>Pivots Effectively plan, implement and teach pivot activities.</p> <ul style="list-style-type: none"> • PIVOTS with FREE LEG above HORIZONTAL L2 	

<ul style="list-style-type: none"> • Roll over shoulder • Small vertical toss • Passing (skipping) through • Frontal rotations • Axis spin 	<ul style="list-style-type: none"> • Cartwheels and variations • Forward walkovers and variations • Backward walkovers and variations 	<ul style="list-style-type: none"> • Front or side splits with help (#9) • Back splits with ring with help (#29) <p>FOUETTE L2</p> <ul style="list-style-type: none"> • Fouetté in “passé” (#41), attitude or arabesque (free leg at the horizontal or higher) 	
<p>Ball Effectively plan, implement and teach Ball activities</p> <ul style="list-style-type: none"> • Roll ball down arm • Small roll along floor • Bounces • With wrist • Small throw and catch in one hand • Kneeling body circumduction with handling • Rebound off knee 	<p>Rope Effectively plan, implement and teach Rope activities</p> <ul style="list-style-type: none"> • Fig 8 w body movement • Passing under in a leap • Skip through w throw to skip through • Double release (wammie) • Open rope throw • Throw w one rotation and catch (e.g. throw chaine) 	<p>Multiples (pairs/trios) Effectively plan, implement and teach multiples activities.</p> <ul style="list-style-type: none"> • Exchanges, colaborations, formations, dynamic elements with rotations • Difficulties with exchange, body difficulties, Dance, formations, Risk, Cannon • Elite Identification (Establish an Elite Criteria by GA) 	
<p>Clubs Effectively plan, implement and teach Clubs activities.</p> <ul style="list-style-type: none"> • Balance on toes with club circles • Side body wave with tapping • Cat leap with overhead clubs • Chasse with alternate lateral swings • 180° pivot pass clubs behind back • Half tosses 	<p>Hoop Effectively plan, implement and teach Hoop activities.</p> <ul style="list-style-type: none"> • Roll on three body parts • Oblique throw • Pass over in a leap • Rotations without hands • Axis on hand • Vertical figure of 8 in front and behind 	<p>Waves Effectively plan, implement and teach wave activities.</p> <ul style="list-style-type: none"> • Total body wave (#34) L2 • Total wave with spiral (360°) (“tonneau”) on both feet or on one foot) (#35,36) L2 	
<p>Ribbon Effectively plan, implement and teach Ribbon activities.</p>	<p>Ball Effectively plan, implement and teach Ball activities.</p>	<p>Flexibility Effectively plan, implement and teach flexibility activities.</p>	

<ul style="list-style-type: none"> • Skipping with snakes overhead • Passé balance with spirals • Cat leap through large circle • Passé pivot with horizontal circles • Catching the end of the ribbon • Kneeling circumduction with horizontal circles 	<ul style="list-style-type: none"> • Roll on three body parts, standing and on floor • Different series of bounces • Small throws without hands • Circumduction's • Unstable balance on a part of the body • Throw, body rotation, catch in one hand 	<ul style="list-style-type: none"> • Splits with slow turn (180°-360°) without help (#5, 7,8) L2 • Circle with help and with slow turn (#14D,E) L2 • Circle without help (#15D,E) L2 • Side splits with trunk at the horizontal with help with slow turn (#16C,D) L2 • Side splits with trunk at the horizontal without help (#17) L2 • Back splits with trunk at the horizontal with help with slow turn (#18C,D) L2 • Back splits with trunk at the horizontal without help (#19) L2 • Penchée with slow turn (#20) L2 • Front splits with back bend of the trunk (#22) L2 • Front splits with back bend of the trunk with walkover (#22) L2 • Illusion forward (#25) L2 • Illusion sideways (#26) L2 • Illusion backwards with circle of the leg in different directions, without full bend of the trunk (#28) L2 • Lying or chest (#30D,G) L2 • Lying or chest with rotation (#31C,D) L2 • Support on the forearms (#32) L2 	
	<p>Clubs Effectively plan, implement and teach Clubs activities.</p> <ul style="list-style-type: none"> • Mills • Asymmetrical • Tosses and Flicks • Two clubs large throw 		

	<ul style="list-style-type: none"> • One club throw w passing the other club • Handling including rolls and tapping 		
	<p>Ribbon Effectively plan, implement and teach Ribbon activities.</p> <ul style="list-style-type: none"> • Spirals (on and off floor) • Snakes (on and off floor) • Passing through and over (figure of eight) • Echappe • Boomerang throw (large throw of ribbon w one element of rotation underneath) • Rotation of stick around hand 		
	<p>Waves Effectively plan, implement and teach wave activities.</p> <ul style="list-style-type: none"> • Front and back wave L1 • Side wave L1 		
	<p>Jumps Effectively plan, implement and teach jump activities</p> <ul style="list-style-type: none"> • Ring jumps or leaps with 1 leg (#24) L1 • Arch jump (#39) L1 • Cossack jump (#21) L1 • Scissor jumps (#27) L1 • Cabriole (#40) L1 • Stag leap (#16) L1 • Sauts verticaux en tournant up to 360° (#46) L1 • Sauts groupés up to 360° (#45) L1 		

	<p>Balances Effectively plan, implement and teach balance activities</p> <ul style="list-style-type: none"> • Balance with leg back lower than horizontal (45°) with back bend of the trunk (#3) L1 • Attitude (#14) L1 • Balance with leg lower than the horizontal (45°) and trunk bent forward (#2) L1 • Free leg front at the horizontal and on the knee (#4,31) L1 • Free leg sideways at the horizontal (second position) (#7) L1 		
	<p>Pivots Effectively plan, implement and teach pivot activities</p> <ul style="list-style-type: none"> • PIVOTS "PASSE" L1 • In "passé" position towards inside (inward turn) (#1) • In "passé" position towards outside (outward turn) (#1) • PIVOTS with FREE LEG at the HORIZONTAL L1 • Free leg front or side (in the second position) (#4) • Free leg stretched back (Arabesque or Attitude) (#21) 		

TRAMPOLINE

Intermediate	Advanced	Advanced Silver	High Performance
<p>Basic Skills Effectively plan, implement and teach basic skills activities.</p> <ul style="list-style-type: none"> • Straight jump, checking landing • Basic jumps, kick out • Basic landings - seat, front, back, hands and knees 	<p>General Effectively plan, implement and teach general activities.</p> <ul style="list-style-type: none"> • Height drills, introduction of time of flight • Reinforcement of shape, fast action, kick-outs, • Twisting direction and teaching twisting 	<p>Introduction Effectively plan, implement and teach introductory activities.</p> <ul style="list-style-type: none"> • Increase of height • introduction of puck shape 	<p>AS DETERMINED BY FIG LEVEL 3</p>
<p>Combinations Effectively plan, implement and teach Combinations activities.</p> <ul style="list-style-type: none"> • Seat to front • Back to front • Front to seat • Front to back 	<p>Trampoline skills Effectively plan, implement and teach trampoline skills activities.</p> <ul style="list-style-type: none"> • Front salto - tuck, pike, straight • Front cody • 1 3/4 front salto • Double front • Baranis • Rudi • Back salto - tuck, pike, straight • Back cody • 1 1/4 Back salto • Cruising • Ball out 1 1/2 • Double back, tuck and pike • Full twist back salto 	<p>Trampoline skills Effectively plan, implement and teach trampoline skills activities.</p> <ul style="list-style-type: none"> • Ballouts (back landing salto to feet) • Rudi ball out • Double twist back salto • Full out - T & Str • Full in Full out - T • Double front half out • Rudi out - T, P • Full in, half out - T, P & S • Half in, half out - T & P • Half in, Rudi out - T & P • Arabians 	
<p>Twisting Effectively plan, implement and teach Twisting activities.</p> <ul style="list-style-type: none"> • Feet to feet twisting • Half twist to landing - 	<p>Trampoline sports specific principles Effectively plan, implement and teach trampoline sports specific principles activities.</p>	<p>Double mini trampoline Effectively plan, implement and teach double mini trampoline activities</p> <ul style="list-style-type: none"> • Running drills • S/S S/S passes 	

<ul style="list-style-type: none"> • front, back, seat • Landing half twist to feet - front, back, seat • Full twist skills-full twist to back • Roller - seat full twist to seat 	<ul style="list-style-type: none"> • Routine construction • Handspotting • Kipping • Other twisting skills (cat twist, corkscrew etc) 	<ul style="list-style-type: none"> • Twisting S/S passes • Basic single double passes • mount and dismount drills • Double double passes 	
<p>Double Mini Trampoline Effectively plan, implement and teach double mini trampoline activities</p> <p>Critical evidence Demonstrated ability to plan and teach double mini trampoline activities from the list below including appropriate progressions, teaching methods, key coaching points and safety considerations.</p> <ul style="list-style-type: none"> • Runn approach • Hurdle onto DMT • Basic Jumps on DMT • Components of DMT • Pass construction for DMT 	<p>Double mini trampoline Effectively plan, implement and teach double mini trampoline activities</p> <ul style="list-style-type: none"> • Non-scoring skills into s/s passes • Use of mount and spotter s/s skills • Change of mount arm position and speed of run up for mount versus spotter skills • Back somersault tuck • Back somersault pike • Back somersault layout • Reverse back sault (tuck) • Full twist back sault • Front somersault - tuck, pike, straight • Barani (piked) • Barani (straight) • Inward front sault (tuck) • Rudi • Double Front sault (tuck) 	<p>Synchronised Trampoline Effectively plan, implement and teach Synchronised trampoline activities</p> <ul style="list-style-type: none"> • Identifying appropriate synchro pairs • building good synchro routines 	
<p>Trampoline sports specific principles Effectively plan, implement and teach trampoline sports specific principles activities</p> <ul style="list-style-type: none"> • Technical aids for Trampoline 	<p>Synchronised Trampoline Effectively plan, implement and teach Synchronised trampoline activities</p> <ul style="list-style-type: none"> • Starting together • Counting 	<p>Trampoline sports specific principles Effectively plan, implement and teach trampoline sports specific principles activities</p> <ul style="list-style-type: none"> • Benefits of introducing twisting rotational skills • eg Full twisting ballouts, FT back 	

	<ul style="list-style-type: none"> • Routine construction for synchro • Identifying a leader vs.follower 	<p>cody, etc.</p> <ul style="list-style-type: none"> • continuation of cruising drills • biomechanics; • building time of flight • Rig work - timing for front and back landings • use of bungy • use of pit 	
<p>Routine development Effectively plan, implement and teach routine development activities.</p> <ul style="list-style-type: none"> • Routine construction 	<p>Other Effectively plan, implement and teach other activities.</p> <ul style="list-style-type: none"> • Mat use • Introduction to rig work (on the job training) 		
	<p>Routine Choreography Effectively plan, implement and teach Routine Choreography activities.</p> <ul style="list-style-type: none"> • Routine development and construction • Competition preparation 		

TUMBLING

Intermediate	Advanced	Advanced Silver	High Performance	
<p>Basic Skills Effectively plan, implement and teach basic skills activities.</p> <ul style="list-style-type: none"> • Straight jump, checking landing • Basic jumps, kick out • Basic landings - seat, front, back, hands and knees 	<p>Tumbling Skills Effectively plan, implement and teach tumbling skills activities.</p> <ul style="list-style-type: none"> • Round-off • Front salto (tuck,pike,layout) • Back salto (tuck, pike,layout) • Back layout salto 360° twist • Front salto 1/2 (tuck, pike) • Front salto360° twist • Front sault step outs • Baranis • Basic combined series 	<p>Tumbling Skills Effectively plan, implement and teach tumbling skills activities.</p> <ul style="list-style-type: none"> • Double back rotations - tuck, pike and straight • Double with 1/1 in and 1/1 out • Linking to and from tempo saltos • Rudolph 	<p>AS DETERMINED BY FIG LEVEL 3</p>	
<p>Combinations Effectively plan, implement and teach Combinations activities.</p> <ul style="list-style-type: none"> • Seat to front • Back to front • Front to seat • Front to back 	<p>Preparation Effectively plan, implement and teach Preparation activities.</p> <ul style="list-style-type: none"> • Safe Landings • Strength and conditioning • Plyometric drills 	<p>Preparation Effectively plan, implement and teach Preparation activities.</p> <ul style="list-style-type: none"> • Body Preparation - high impact landings 		
<p>Twisting Effectively plan, implement and teach Twisting activities.</p> <ul style="list-style-type: none"> • Feet to feet twisting • Half twist to landing - front, back, seat • Landing half twist to feet - front, back, seat • Full twist skills-full twist to back • Roller - seat full twist to seat 	<p>other Effectively plan, implement and teach other activities.</p> <ul style="list-style-type: none"> • Intermediate pass construction • Competition Preparation • Connecting Tumble passes - 8 skill 	<p>other Effectively plan, implement and teach other activities.</p> <ul style="list-style-type: none"> • Advanced pass construction • Competition Preparation • Connecting Tumble passes - 8 skill 		

<p>Double Mini Trampoline Effectively plan, implement and teach double mini trampoline activities</p> <ul style="list-style-type: none"> • Runn approach • Hurdle onto DMT • Basic Jumps on DMT • Components of DMT • Pass construction for DMT 			
<p>Trampoline sports specific principles Effectively plan, implement and teach trampoline sports specific principles activities</p> <ul style="list-style-type: none"> • Technical aids for Trampoline 			
<p>Routine development Effectively plan, implement and teach routine development activities.</p> <ul style="list-style-type: none"> • Routine construction 			