

Gymnastics Award Scheme

		Floor	Vault	Bars	Beam	Partner, sequence and fitness
Beginner	1	Show all the gymnastics shapes with good form (tuck, pike, straddle, straight and star)	1 foot to 2 feet to landing shape on the floor	Hold the bar with feet off the floor for 5 seconds	Walk forwards along high beam with stacked mats or resi underneath	10 seconds jog on the spot
		Forward roll down an incline to stand without using hands	Bunny hops	Chin the bar with support	Jump of the beam and land in safe landing position	One leg balance on a line with a partner
		Backward roll down an incline with support	5 shoulder shrugs in front support	Leg lift with support	Crouch down on high beam and stand up unsupported	Perform a 3 part sequence on floor from memory
		Lunge and kick towards half handstand (legs stay apart)	Front support jump feet to hands	Front support hold with support	Walk Backwards on low beam	Throw and catch a ball with a partner
	2	Forward roll	Run jump hurdle step onto a spring board with straight jump and a landing	Jump to front support hold on low bar from a block	Small jumps along low beam with hands on hips	10 star jumps in a row
		Backward roll down an incline	Jump off purple block to hold correct landing position	Monkey hand walks on high bar from one side to other release and land safely	Walk forwards on tip toes on high beam unsupported	Balance on a bench with a partner
		Linked straight jump, tuck jump, star jump	Squat on to small block	3x supported casts	crouch turn on high beam - remaining on tip toe throughout	Perform a 4 part sequence on floor from memory
		Handstand against the wall for 3 seconds (tummy to wall)	10 alternating running strides	Chin to candlestick position hold for 3 seconds with support	One leg balance on high beam	Create figure of 8 pattern with a ribbon
	3	Forward roll	Run, jump and straight jump onto a small block	Up circle from a block with support	One leg over beam mount from a block or jump	10 touch the floor straight jumps
		Cartwheel over bench	Run jump squat onto block	3 x unsupported casts	Bunny hops along low beam	Counter balance with a partner
		Bridge hold with straight arms (3 seconds)	Straddle onto medium block from standing	Front support hold for 5 seconds on paralette with feet on raised block	Kick towards handstand supported on low beam	Perform a 5 part sequence on floor from memory
		Handstand with straight legs, return to standing	Front support with feet raised - hold for 10 seconds	Back hip circle with support (no cast)	Straight jump on high beam showing good form	Attempt to hoola hoop, aim for 5 circles
	4	Handstand forwards roll	Donkey kicks with hands on a block using trampette	Squat onto paralette from front support	Supported cartwheel on low beam	20 mountain climbers
		Cartwheel	Arch hold for 5 seconds roll to dish hold for 5 seconds	Supported back hip circle from a cast	Squat on mount	Teddy bear roll with a partner
		Hurdle step/ Jump lunge (round off prep)	Run, jump straddle over to sit	Up circle from a block or floor with no support	Run from half way two foot straight jump off	Perform a 6 part sequence on floor from memory
		Bridge kick over off block	Run, jump squat through to sit	Supported regrip swings x 3 on high bar, release at the back	Straight jump Tuck jump connected on high beam	Roll a hoop along the floor, follow and stop it
Intermediate	5	Round off from block with support	Kick to handstand flatback on floor	Straddle/ pike underbar swings on low bar, release to land	Round off dismount	20 seconds of high knees
		Bend back to bridge onto raised mat	Squat through vault	Cast back hip circle no support	Cat leap	Create and perform a 6 skill floor routine with a partner
		Dive forward roll onto stacked mats using trampet	Straddle over vault	Squat onto low bar from a block with support	Kick towards handstand on high beam	Perform a routine on the floor beam including mount, balance, jump and dismount
		One handed cartwheel	Handstand hold against the wall for 10 seconds	Swing on high bar unsupported showing correct form and safe landing	Cartwheel on high beam with support	Roll a hoop to a partner and catch when they return it
	6	Bend back to bridge	Handstand flatback on block and mats	Connected up circle - back hip circle	Split jump to minimum of 135°	10 burpees
		Bridge kick over	Handspring off end of block with support	Supported straddle/pike undershoot from a jump or climb	Handstand on high beam	Create and perform a 8 skill floor routine with a partner
		Flick over a barrel	Donkey kick to handstand	3 x upstart slides using a bench	Cartwheel on high beam	Perform a routine on the floor beam including mount, balance, spin, jump and dismount
		Hurdle Step Round off	Front support bounces on fast track or trampoline	Supported squat on from a cast	Forward roll any beam	Back spin a hoop
	7	¾ tucked somersault to stacked mats using trampet	Handspring flat back on vault top	Upstart float unsupported	Free forward roll on low beam	20 squat jumps
		Backwards walkover	Handspring over block or mats	Squat onto parallelte, stand up, lean and grasp the low bar in dish and hold	Full spin on low beam	Create and perform a 10 skill floor routine with a partner
		Handstand into bridge stand up	Standing round off to land on belly on crash mat	Straddle/ pike shoot unsupported on either low or high bar	Squat through mount	Perform a routine on the floor beam including mount, balance, jump, spin, acro and dismount
		Supported standing flick	Handstand hops showing correct form	Squat on, stand up, jump down unsupported	Handspring dismount	Top spin a hoop and stop it safely
Advanced	8	Dive cartwheel	Handspring over table supported	Supported squat on catch the high bar, 1 swing, release at the back	Backwalkover on low beam	30 second jog into 20 star jumps into 10 burpees
		Forward Walkover	1/2 on to belly on block and mats	High cast on low bar with feet to land on stacked blocks	W jump on high beam	Forward roll to straddle sit into japana fold
		Standing flick	Round off to belly roll to back	Straight arm upstart pull from block unsupported	Full spin on high beam	Pike fold, lie down push to bridge
		Handspring	5 Handstand shrugs against a wall	Back hip circle on high bar	Tuck jump on mount using spring board	Combine points 2 and 3
	9	Handspring to one	Half on over a block	Squat on catch the high bar and over with support	Split jump - W jump connected	30 moutain climbers into 20 shoulder taps into 10 second plank
		Front somersault with support	Handstand 1/2 turn fall to tummy	3 x swings on high bar, release to land in dish on high resi	Back walkover on high beam with support	Forward roll to straddle, turn to good leg splits
		Supported round off flick	Handspring over table	1 cast back hip circle connected to 1 cast straddle/ pike shoot on high bar	Handstand forward roll	Pike fold, lie down push to bridge, lift one leg and kick over
		Supported tuck back into the pit/ onto resi mat	20 heel drives on block	Supported upstart	Forward roll mount	Combine points 2 and 3
	10	Free cartwheel	1/2 on over table, land jump 1/2 turn	Squat on catch the high bar and over, unsupported	Split leap	30 squat jumps into 20 squat pulses into 10 second squat hold
		Handspring to 1, handspring to 2	1/2 on 1/2 off over block	Supported cast to handstand on low bar	Back walkover on high beam	Forward roll to straddle, attempt swim through
Round off flick linked		1/2 on snap down fall to back on block (tsuk prep)	Supported sole circle on metal bar	Somersault dismount	push to front support, show both leg splits	
Front or back somersault		Handstand snap down directly into rebound jump	Straddle/pike undershoot with 1/2 turn from high bar	Tuck jump half	Combine points 2 and 3	