

## Curriculum - Gymsport Specific

### ACROBATICS

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

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

<p>on feet of base)</p>	<ul style="list-style-type: none"> <li>• "Top performs tuck lever on middle feet. Middle is supported by Base's feet. Base lying, legs straight and vertical. Base and middle hold hands "</li> </ul>	<p>hands "</p> <ul style="list-style-type: none"> <li>• B in lunge, M in arch handstand holding B's waist, B supporting under M's thigh, T in POV hand to body)</li> </ul>	
<p><b>Pair Dynamic</b> Effectively plan, implement and teach Pair Dynamic activities.</p> <ul style="list-style-type: none"> <li>• Dynamic – Assisted straight jump</li> <li>• Dismount – Straight jump off back</li> <li>• Bird on feet, pop and re-catch</li> <li>• Foot pitch straight jump</li> </ul>	<p><b>Pair Dynamic</b> Effectively plan, implement and teach Pair Dynamic activities</p> <ul style="list-style-type: none"> <li>• Foot pitch straight jump</li> <li>• Back pike from hands</li> <li>• Bird pop re catch</li> <li>• Pitch to Catch feet</li> </ul>	<p><b>Pair Dynamic</b> Effectively plan, implement and teach Pair Dynamic activities</p> <ul style="list-style-type: none"> <li>• "Front layout over head throw from thigh or R/O salto over head"</li> <li>• Back layout from hands <math>\geq 180</math> twist</li> <li>• Pitch catch bird - this should go into bronze</li> <li>• Pitch to Catch Handstand - Cascade</li> <li>• Front layout overhead <math>\geq 180</math> twist</li> <li>• Double salto from pitch or hands</li> <li>• Handspring to handstand</li> <li>• Stand in Hands recatch - 180 twist recatch or courbette recatch</li> </ul>	
<p><b>Trio Dynamic</b> Effectively plan, implement and teach Trio dynamic activities.</p> <ul style="list-style-type: none"> <li>• Dynamic – Jump from floor to basket</li> <li>• Dismount – Double foot pitch straight jump</li> <li>• Catch – Sit in platform, throw to dish</li> </ul>	<p><b>Trio dynamic</b> Effectively plan, implement and teach Trio dynamic activities.</p> <ul style="list-style-type: none"> <li>• Boost skill, straight jump platform/pitch layout salto</li> <li>• 3/4 front salto platform to basket</li> <li>• Handstand Release to 1/4 to catch in basket</li> </ul>	<p><b>Trio dynamic</b> Effectively plan, implement and teach Trio dynamic activities.</p> <ul style="list-style-type: none"> <li>• Front layout overhead L6 1C</li> <li>• Platform or pitch Back layout <math>\geq 180</math> twist</li> <li>• "Helicopter 2/4 <math>\geq 180</math> OR</li> <li>• 4/4 pike to wrap from basket"</li> <li>• Handstand release 3/4 scoop to catch in basket</li> <li>• Round off double salto</li> </ul>	

in basket		<ul style="list-style-type: none"> <li>• Pitch/platform 4/4 salto ≥360</li> <li>• Platform layout recatch</li> <li>• Handstand on platform , throwing and/or catch in handstand</li> </ul>	
<p><b>Dance Choreography Musicality</b> Effectively plan, implement and teach Dance Choreography Musicality activities.</p> <ul style="list-style-type: none"> <li>• Basic ballet positions</li> <li>• Basic ballet barre complex</li> <li>• Demonstrate an understanding of different beats</li> <li>• Body movements at different tempos</li> <li>• Selection of age appropriate music</li> </ul>	<p><b>Dance Choreography musicality</b> Effectively plan, implement and teach Dance Choreography musicality activities.</p> <ul style="list-style-type: none"> <li>• Demonstrating floor coverage and use of the 3D space.</li> <li>• Recognise themes and emotions of music by preparing a piece of choreography with varied movements, relationships and accents.</li> </ul>	<p><b>Dance Choreography musicality</b> Effectively plan, implement and teach Dance Choreography musicality activities.</p> <ul style="list-style-type: none"> <li>• Musical interpretation</li> <li>• Variety of music and choreography to communicate a story line or theme.</li> <li>• Selection of leotards/attire to suit the composition of the choreography.</li> <li>• Demonstrate three choreographed pieces of different styles/themes/story lines.</li> </ul>	

## AEROBICS

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

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

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

Intermediate	Advanced	Advanced Silver
<p><b>Tumbling</b> Effectively plan, implement and teach Tumbling activities.</p> <ul style="list-style-type: none"> <li>• Handstand</li> <li>• Forward / backward roll</li> <li>• Cartwheel</li> <li>• Limbers/ walkovers</li> <li>• Round-off</li> </ul>	<p><b>Tumbling</b> Effectively plan, implement and teach tumbling activities.</p> <ul style="list-style-type: none"> <li>• Dive rolls</li> <li>• Back handsprings</li> <li>• Front saults</li> <li>• Back saults</li> <li>• Aerial cartwheel / side sault</li> <li>• Front handspring</li> <li>• Skill connections</li> </ul>	<p><b>SynchroTumbling</b> Effectively plan, implement and teach Synchro tumbling activities.</p> <ul style="list-style-type: none"> <li>• Tumbling runs - skill combinations</li> <li>• Synchronisation</li> <li>• Intensification</li> </ul>
<p><b>Spring – Mini-Trampoline, Trampoline, Vault</b> Effectively plan, implement and teach Spring activities.</p> <ul style="list-style-type: none"> <li>• Landings from height</li> <li>• Jumps and shapes</li> <li>• Hurdle step to jump take-off</li> <li>• Over, around, along, through</li> <li>• Tramp drops: hand &amp; knees, seat, front, back</li> <li>• Equipment set-ups</li> </ul>	<p><b>Spring – mini trampoline, trampoline, vault</b> Effectively plan, implement and teach spring activities.</p> <ul style="list-style-type: none"> <li>• Synchronised</li> <li>• Dive rolls</li> <li>• Back saults</li> <li>• Front saults</li> <li>• Front drop twists</li> <li>• Back drop twists</li> <li>• Basic tramp combos</li> </ul>	<p><b>Spring – mini trampoline, trampoline, vault</b> Effectively plan, implement and teach spring activities.</p> <ul style="list-style-type: none"> <li>• Front layout</li> <li>• Back layout</li> <li>• Front layout 180-360° twist</li> <li>• Back layout 180-360° twist</li> <li>• Intensification</li> <li>• Springing performance</li> <li>• Mini-tramp vaulting</li> </ul>
<p><b>Swing - Bars</b> Effectively plan, implement and teach Swing activities.</p> <ul style="list-style-type: none"> <li>• Long swing</li> <li>• Swing in support</li> <li>• Pullover</li> <li>• Back hip circle</li> <li>• Under swing</li> <li>• Glide swings</li> </ul>	<p><b>Combinations and explorations</b> Effectively plan, implement and teach combinations and explorations activities.</p> <ul style="list-style-type: none"> <li>• Traditional equipment</li> <li>• Homemade equipment</li> <li>• Recycled equipment</li> </ul>	<p><b>Developing and Using Innovative Equipment</b> Effectively plan, implement and teach using bigger equipment innovatively activities and safety considerations:</p> <ul style="list-style-type: none"> <li>• Ideas for building new styles of equipment</li> </ul>



<p><b>Acrobatics</b> Effectively plan, implement and teach Acrobatics activities</p> <ul style="list-style-type: none"> <li>• Front support skills</li> <li>• Thigh stands</li> <li>• Birdie on feet</li> <li>• Box on box</li> </ul>	<p><b>Acrobatics</b> Effectively plan, implement and teach acrobatics activities</p> <ul style="list-style-type: none"> <li>• Basket pitch and catch</li> <li>• Swing pitches</li> <li>• swing catches</li> <li>• Single pitch jump</li> <li>• Double foot pitch jump</li> <li>• Birdie pop to recatch</li> <li>• Standing on shoulders</li> </ul>	<p><b>Acrobatics</b> Effectively plan, implement and teach acrobatics activities</p> <ul style="list-style-type: none"> <li>• Creative entries, combinations and exits</li> <li>• Safety - the ins and outs</li> <li>• Using choreography/dance</li> <li>• Using gymnastics skills</li> <li>• Using apparatus</li> <li>• Pitch salto</li> <li>• Group balances</li> </ul>
<p><b>Small Equipment</b> Effectively plan, implement and teach small equipment activities.</p> <ul style="list-style-type: none"> <li>• Elastic bands</li> <li>• Pool noodles</li> <li>• Tunnels</li> <li>• Scarves</li> </ul>	<p><b>Using bigger equipment innovatively</b> Effectively plan, implement and teach using bigger equipment innovatively activities. and safety considerations:</p> <ul style="list-style-type: none"> <li>• Crashmats</li> <li>• Air mats</li> <li>• Shapes</li> <li>• Swiss balls</li> </ul>	<p><b>Rope skipping</b> Effectively plan, implement and teach rope skipping activities.</p> <ul style="list-style-type: none"> <li>• Single</li> <li>• Long</li> <li>• Double dutch</li> <li>• Combinations</li> <li>• routines</li> <li>• Competitions and display opportunities around the world</li> </ul>
<p><b>Hand Apparatus</b> Effectively plan, implement and teach hand apparatus activities.</p> <ul style="list-style-type: none"> <li>• DMP's for apparatus</li> <li>• Throws</li> <li>• Rotation</li> <li>• Rolls</li> <li>• Passing around body</li> <li>• Passing under body</li> </ul>	<p><b>Group Activities</b> Effectively plan, implement and teach group activities.</p> <ul style="list-style-type: none"> <li>• Exchanges</li> <li>• Hand apparatus in group routines</li> <li>• Juggling</li> <li>• combining other apparatus</li> <li>• Display formations from Gymbuddies</li> </ul>	<p><b>Choreography and Dance</b> Effectively plan, implement and teach choreography and dance activities.</p> <ul style="list-style-type: none"> <li>• Dance styles</li> <li>• Advanced movement Synchronisation</li> <li>• Large group performance</li> <li>• Rules and regulations</li> <li>• Travelling OS - what you to prepare</li> </ul>

<p><b>Dance and Choreography</b> Effectively plan, implement and teach dance and choreography activities.</p> <ul style="list-style-type: none"> <li>• Movement to Music</li> <li>• Moving together</li> <li>• Travelling</li> <li>• Music mapping</li> <li>• Structure of a Routine</li> <li>• Formations</li> <li>• Transitions</li> <li>• Performance</li> </ul>	<p><b>Choreography and dance</b> Effectively plan, implement and teach choreography and dance activities.</p> <ul style="list-style-type: none"> <li>• Performance Skills</li> <li>• Movement changers</li> <li>• Elements of choreography</li> <li>• Choreography with/ on apparatus</li> <li>• Performance</li> <li>• Displays across the spectrum- age and abilities</li> <li>• Displays with people with disabilities</li> </ul>	
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## KINDERGYM

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

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

## MEN'S ARTISTIC

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

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

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

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

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

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

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

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

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

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

## TRAMPOLINE

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

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



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

## TUMBLING

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

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

## WOMENS ARTISTIC

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

<p><b>Floor</b> Effectively plan, implement and teach floor activities.</p> <ul style="list-style-type: none"> <li>• Handstand</li> <li>• Forward and backward rolls</li> <li>• Limbers forward and backward</li> <li>• Walkover forward and backward</li> <li>• Cartwheel</li> <li>• Courbette / snapdown</li> </ul>	<p><b>Floor</b> Effectively plan, implement and teach floor activities.</p> <ul style="list-style-type: none"> <li>• Round-off</li> <li>• Front salto (tuck,pike,layout)</li> <li>• Back salto (tuck, pike,layout)</li> <li>• Handsprings / flyersprings</li> <li>• Backward handspring and round-off back handspring</li> <li>• Roundoff flic tuck &amp; layout</li> <li>• Whips</li> <li>• Back roll to handstand &amp; turning development</li> </ul>	<p><b>Floor</b> Effectively plan, implement and teach floor activities.</p> <ul style="list-style-type: none"> <li>• Salto forward. piked with 180°</li> <li>• Salto forward straight. with 180°</li> <li>• Salto forward with 360°</li> <li>• Salto forward with 540°</li> <li>• Salto backward with 180°</li> <li>• Salto backward with 360°</li> <li>• Salto backward with 540°</li> <li>• Salto backward with 720°</li> <li>• Double salto forward tucked</li> <li>• Double salto backward tucked</li> <li>• Simple acrobatic series</li> </ul>	<p><b>Floor</b> Effectively plan, implement and teach floor activities.</p>
<p><b>Dance Skills</b> Effectively plan, implement and teach dance skills</p> <ul style="list-style-type: none"> <li>• ½ turn on two feet   high toes</li> <li>• Piqué passe ½ turns</li> <li>• Jump, hop, leap progressions</li> <li>• Straight jump</li> <li>• Springs   Right, Left assemble</li> </ul>	<p><b>Dance</b> Effectively plan, implement and teach dance activities</p> <ul style="list-style-type: none"> <li>• 1/2 turn in passe (be)</li> <li>• 1/1 turn in passe (be)</li> <li>• 1/1 passe pivot to close, lunge preparation</li> <li>• split jump, straight jump (fx, be)</li> <li>• Jump 1/2 and full turn</li> <li>• Sissone and stag leap</li> <li>• Split leap, split jump</li> <li>• Straddle jump</li> </ul>	<p><b>Dance Skills</b> Effectively plan, implement and teach dance skills</p> <ul style="list-style-type: none"> <li>• 2/1 turn in passe (&amp; 3/1)</li> <li>• 1/1 horizontal turn</li> <li>• Switch leap</li> <li>• Tour jete</li> <li>• Straddle 1/2</li> </ul>	<p><b>Dance</b> Effectively plan, implement and teach dance activities</p>
<p><b>Dance Choreography</b> <b>Musicality</b> Effectively plan, implement and teach dance choreography musicality activities</p> <ul style="list-style-type: none"> <li>• Posture (beam and floor)</li> <li>• Basic ballet positions</li> </ul>	<p><b>Beam</b> Effectively plan, implement and teach beam activities.</p> <ul style="list-style-type: none"> <li>• Back handspring to 2 feet</li> <li>• back handspring stepout</li> <li>• Tic tocs, front and back walkovers</li> <li>• Cartwheel tuck dismount</li> <li>• Front salto dismounts</li> </ul>	<p><b>Beam</b> Effectively plan, implement and teach beam activities.</p> <ul style="list-style-type: none"> <li>• Back handspring in series</li> <li>• Back handspring layout step out</li> <li>• Handspring backward - 900, 1800</li> <li>• Saltos forward – tuck; aerial</li> </ul>	<p><b>Beam</b> Effectively plan, implement and teach beam activities.</p>

<ul style="list-style-type: none"> <li>• Basic ballet barre complex</li> <li>• Basic floor and beam complex</li> <li>• Movement to music</li> </ul>		<ul style="list-style-type: none"> <li>• walkover</li> <li>• Saltos backward - tuck, pike, straight</li> <li>• Saltos sideward – tuck; aerial cartwheel</li> <li>• Dismounts with turns - medium difficulty</li> <li>• 1. Forward straight – 1800, 3600, 5400</li> <li>• 2. Backward straight – 1800, 3600, 5400, 7200</li> <li>• 3. Dismount – gainer straight - variations</li> <li>• 4. Dismounts with double saltos - tuck</li> <li>• Backward dynamic acrobatic connections to dismount</li> </ul>	
<p><b>Beam</b> Effectively plan, implement and teach Beam activities.</p> <ul style="list-style-type: none"> <li>• Handstand - lunge and stepdown</li> <li>• Side cartwheel and cartwheel to lunge</li> <li>• Bridges</li> <li>• Press development</li> <li>• Landings - on and off</li> </ul>	<p><b>Trampoline</b> Effectively plan, implement and teach trampoline activities.</p> <ul style="list-style-type: none"> <li>• Whip &amp; back handspring</li> <li>• Handspring / flyspring to front salto</li> <li>• Back salto (tuck, pike, stretched)</li> <li>• Front salto (tuck, pike, stretched)</li> <li>• Twisting techniques</li> </ul>	<p><b>Trampoline</b> Effectively plan, implement and teach Beam activities.</p> <ul style="list-style-type: none"> <li>• Salto forward straight. with 180° to 540°</li> <li>• Salto backward straight. with 180° to 720°</li> <li>• Double salto forward tucked</li> <li>• Double salto backward tucked</li> <li>• Combination acrobatics</li> </ul>	
<p><b>Trampoline</b> Effectively plan, implement and teach trampoline activities.</p> <ul style="list-style-type: none"> <li>• Jumping</li> <li>• Body bounces</li> <li>• Front and back drop rotation skills</li> <li>• Handsprings / flysprings</li> </ul>	<p><b>Dance Choreography Musicality</b> Effectively plan, implement and teach dance choreography musicality activities</p> <ul style="list-style-type: none"> <li>• Intermediate ballet barre</li> <li>• Develop, kicks, body contractions</li> <li>• Intermediate Floor and beam complex / centre work , walking kicks, leaps and</li> </ul>	<p><b>Dance Choreography Musicality</b> Effectively plan, implement and teach dance choreography musicality activities</p> <ul style="list-style-type: none"> <li>• Advanced ballet barre complex</li> <li>• Advanced Floor and Beam complex</li> <li>• Development of Artistry in WAG gymnastics</li> <li>• Creation of advanced optional</li> </ul>	

<ul style="list-style-type: none"><li>• Back handspring</li></ul>	<p>jumps &amp; turns</p> <ul style="list-style-type: none"><li>• Music styles and movement to music.</li><li>• Creation of optional floor and beam routines</li></ul>	Beam and Floor routines	
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