

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