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| **SCHOOL YEAR** | **RECEPTION** |  |  |  |
| **FLOOR** | **BEAM/BENCH** | **VAULT** | **BARS** | **TRAMPOLINE** |
| T BALANCE 3”  (INSIDE HOOP) | Step Onto Beam | Run Jump in and straight jump out of a hoop | Hang from the bar | Straight jump |
| Forward roll down a slope to straddle  (SPRING BOARD) | Walk to the middle of the beam. | Squat on vault from the floor (box top) | Show tuck shape 3” | Tuck Jump |
| Bunny hops over a bench  (BENCH) | T balance 3” |  | Show straddle shape 3” | Star Jump |
| 3 Bunny Hops  (INSIDE HOOP) | Walk to end of the beam |  |  | Landing position |
| Japana (MAT) | Straight Jump off |  |  |  |

GYMNASTS WILL BE AWARDED A 0.5 BONUS AT THE COMPETITION IF THEY COMPLETE ANY OF THE SKILLS HIGHLIGHTED IN RED THAT ARE ABOVE THEIR CURRENT YEAR GROUP.

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| **SCHOOL YEAR** | **YEAR 1** |  |  |  |
| **FLOOR** | **BEAM/BENCH** | **VAULT** | **BARS** | **TRAMPOLINE** |
| T BALANCE 3”  (INSIDE HOOP) | Step Onto Beam | Run jump onto a spring board and straight jump off | Hang from the bar | Straight jump |
| Forward roll down a slope to stand  (SPRING BOARD) | Walk to the middle of the beam on tip toes. | Squat on vault from the floor (3 sections of vault) | Show tuck shape 3” | Tuck Jump |
| Cartwheel over bench  (BENCH) | T balance 3”– Touch the beam and stand up |  | Show straddle shape 3” | Star Jump |
| Shoulder Stand 3”  (MAT) | Walk to end of the beam on tip toes. |  | Show pike shape 3” | Landing position |
| Body fold (MAT) | Star Jump off |  |  |  |

GYMNASTS WILL BE AWARDED A 0.5 BONUS AT THE COMPETITION IF THEY COMPLETE ANY OF THE SKILLS HIGHLIGHTED IN RED THAT ARE ABOVE THEIR CURRENT YEAR GROUP.

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| **SCHOOL YEAR** | **YEAR 2** | |  |  |  |
| **FLOOR** | **BEAM/BENCH** | | **VAULT** | **BARS** | **TRAMPOLINE** |
| Arabesque 3”  (INSIDE HOOP) | Step Onto Beam | | Run jump onto a spring board  and squat onto the vault (4 sections) and straight jump off | UP HIP CIRCLE | Straight jump |
| Forward roll  (MAT) | Walk to the middle of the beam on tip toes. | |  | FORWARD CIRCLE DOWN TO SHOW STRADDLE SHAPE 3” | Tuck Jump |
| Cartwheel on cartwheel mat  (MAT) | T balance 3” – Touch the beam and stand up | |  |  | Star Jump |
| Frog balance 3”  (INSIDE HOOP) | Walk backwards to end of the beam on tip toes. Turn around. | |  |  | Half term |
| Bridge (MAT) | Tuck  Jump off | |  |  | Landing position |
| GYMNASTS WILL BE AWARDED A 0.5 BONUS AT THE COMPETITION IF THEY COMPLETE ANY OF THE SKILLS HIGHLIGHTED IN RED THAT ARE ABOVE THEIR CURRENT YEAR GROUP. | | | | | |
| **SCHOOL YEAR** | **YEAR 3** | |  |  |  |
| **FLOOR** | **BEAM/BENCH** | | **VAULT** | **BARS** | **TRAMPOLINE** |
| Arabesque 3”  (INSIDE HOOP) | Bunny hop onto Beam | | Run jump on to a spring board  and squat onto the vault (5 sections) and star jump off | UP HIP CIRCLE | Straight jump |
| Forward roll to straddle stand  (MAT) | Dip walks to the middle of the beam. | |  | 3 LAY-AWAYS | Tuck Jump |
| Cartwheel  (MAT) | Arabesque 3”– Spin prep | |  | FORWARD CIRCLE DOWN TO SHOW PIKE SHAPE 3” | Straddle Jump |
| Frog Balance 3”  (INSIDE HOOP) | Straight jumps to the end of the beam | |  |  | Half turn |
| Bridge with one leg lifted (MAT | Half turn Jump off | |  |  | Landing position |
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GYMNASTS WILL BE AWARDED A 0.5 BONUS AT THE COMPETITION IF THEY COMPLETE ANY OF THE SKILLS HIGHLIGHTED IN RED THAT ARE ABOVE THEIR CURRENT YEAR GROUP.

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| **SCHOOL YEAR** | **YEAR 4** |  |  |  |
| **FLOOR** | **BEAM/BENCH** | **VAULT** | **BARS** | **TRAMPOLINE** |
| Arabesque 3”  (INSIDE HOOP) | Bunny hop onto Beam | Run jump on to a spring board and squat onto the vault (5 sections) and half turn jump off | UP HIP CIRCLE | Straight jump |
| Backward roll to straddle stand  (MAT) | Forward roll on mat over the beam |  | 3 LAY-AWAYS | Pike Jump |
| One handed Cartwheel | Arabesque 3” –  Half spin |  | BACK HIP CIRCLE | Straddle Jump |
| Tucked Head stand 3”  (INSIDE HOOP) | Straight jumps to the end of the beam |  | FORWARD CIRCLE DOWN TO SHOW PIKE SHAPE 3” | Half turn |
| Bridge with one leg lifted, 3 jumps on one leg (MAT) | Half turn Jump off |  |  | Landing position |

GYMNASTS WILL BE AWARDED A 0.5 BONUS AT THE COMPETITION IF THEY COMPLETE ANY OF THE SKILLS HIGHLIGHTED IN RED THAT ARE ABOVE THEIR CURRENT YEAR GROUP.

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| **SCHOOL YEAR** | **YEAR 5** |  |  |  |
| **FLOOR** | **BEAM/BENCH** | **VAULT** | **BARS** | **TRAMPOLINE** |
| Y balance 3”  (INSIDE HOOP) | Straddle onto Beam | Run jump on to a spring board and straddle onto the vault (5 sections) and half turn jump off | UP HIP CIRCLE | Straight jump |
| Backward roll to front support  (MAT) | Forward roll |  | 3 LAY-AWAYS | Pike Jump |
| Round off  (MAT) | T balance 3” into Arabesque 3” –  Full Spin |  | BACK HIP CIRCLE | Straddle Jump |
| Head stand straight legs 3”  (INSIDE HOOP) | Straight jumps to the end of the beam |  | FORWARD CIRCLE DOWN TO SHOW PIKE SHAPE 3” | Full turn |
| Bridge kick over off spring board (SPRING BOARD) | Half turn Jump off |  | MOVE TO HIGH BAR – SHOW 3 SWINGS | Landing position |

GYMNASTS WILL BE AWARDED A 0.5 BONUS AT THE COMPETITION IF THEY COMPLETE ANY OF THE SKILLS HIGHLIGHTED IN RED THAT ARE ABOVE THEIR CURRENT YEAR GROUP.

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| **SCHOOL YEAR** | **YEAR 6** |  |  |  |
| **FLOOR** | **BEAM/BENCH** | **VAULT** | **BARS** | **TRAMPOLINE** |
| Y balance 3”  (INSIDE HOOP) | Straddle onto Beam | Run jump on to a spring board and squat through or straddle through over the vault (5 sections) | UP HIP CIRCLE | Straight jump |
| Backward roll to front suppprt  (MAT) | Forward roll |  | 3 LAY-AWAYS | Pike Jump |
| Round off jump half turn cartwheel  (FLOOR) | Y balance 3”–  Full Spin |  | BACK HIP CIRCLE | Seat drop |
| Kick to handstand (sjow handstand)  (INSIDE HOOP) | X3 Straight jumps |  | SQUAT ONTO THE BAR AND JUMP TO HIGH BAR | Full turn |
| Drop back to bridge Bridge kick over  (MAT) | Cartwheel off |  | 3 SWINGS | Landing position |

GYMNASTS WILL BE AWARDED A 0.5 BONUS AT THE COMPETITION IF THEY COMPLETE ANY OF THE SKILLS HIGHLIGHTED IN RED THAT ARE ABOVE THEIR CURRENT YEAR GROUP.

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| **SCHOOL YEAR** | **YEAR 7 +** |  |  |  |
| **FLOOR** | **BEAM/BENCH** | **VAULT** | **BARS** | **TRAMPOLINE** |
| Y balance 3”  (INSIDE HOOP) | Straddle onto Beam | Run jump on to a spring board and squat through over the vault (5 sections) | UP HIP CIRCLE | Straight jump |
| Backward roll to front support (MAT) | Cartwheel |  | 3 LAY-AWAYS | Pike Jump |
| Round off jump half turn round off | Y balance 3”–  Full Spin |  | BACK HIP CIRCLE | Seat drop |
| Hand stand forward roll (MAT) | X3 Straight jumps |  | SQUAT ONTO THE BAR AND JUMP TO HIGH BAR | Full turn |
| Backward walkover (MAT) | Cartwheel off |  | UP HIP CIRCLE – FORWARD CIRCLE DOWN | Landing position |

GYMNASTS WILL BE AWARDED A 0.5 BONUS AT THE COMPETITION IF THEY COMPLETE ANY OF THE SKILLS HIGHLIGHTED IN RED THAT ARE ABOVE THEIR CURRENT YEAR GROUP.

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| **ADVANCED** | **ANY AGE** |  |  |  |
| **FLOOR** | **BEAM/BENCH** | **VAULT** | **BARS** | **TRAMPOLINE** |
| Y balance 3” | Straddle onto Beam | Handspring | UP HIP CIRCLE | Straight jump |
| Backward roll to handstand | Backward walkover |  | 3 LAY-AWAYS | Pike Jump |
| Round off flic | Y balance 3”–  540 Spin |  | BACK HIP CIRCLE | Seat drop swivel hips |
| Hand stand pirouette 360 | Wolf jump |  | SQUAT ONTO THE BAR AND JUMP TO HIGH BAR | Back tuck/pike/straight |
| Backward walkover back handspring | Handspring off |  | STRADDLE ON AND UNDER SHOOT OFF | Landing position |

GYMNASTS WILL BE AWARDED A 0.5 BONUS AT THE COMPETITION IF THEY COMPLETE ANY OF THE SKILLS HIGHLIGHTED IN RED THAT ARE ABOVE THEIR CURRENT YEAR GROUP.

**JUDGES**

GYMNASTS WILL BE AWARDED A 0.5 BONUS AT THE COMPETITION IF THEY COMPLETE ANY OF THE SKILLS HIGHLIGHTED IN RED THAT ARE ABOVE THEIR CURRENT YEAR GROUP.

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| **SCHOOL YEAR** | **RECEPTION** |  |  |  |
| **FLOOR** | **BEAM/BENCH** | **VAULT** | **BARS** | **TRAMPOLINE** |
| T BALANCE 3”  (INSIDE HOOP) | Step Onto Beam | Run Jump in and straight jump out of a hoop | Hang from the bar | Straight jump |
| Forward roll down a slope to straddle  (SPRING BOARD) | Walk to the middle of the beam. | Squat on vault from the floor (box top) | Show tuck shape 3” | Tuck Jump |
| Bunny hops over a bench  (BENCH) | T balance 3” |  | Show straddle shape 3” | Star Jump |
| 3 Bunny Hops  (INSIDE HOOP) | Walk to end of the beam |  |  | Landing position |
| Japana (MAT) | Straight Jump off |  |  |  |

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| **SCHOOL YEAR** | **YEAR 1** |  |  |  |
| **FLOOR** | **BEAM/BENCH** | **VAULT** | **BARS** | **TRAMPOLINE** |
| T BALANCE 3”  (INSIDE HOOP) | Step Onto Beam | Run jump onto a spring board and straight jump off | Hang from the bar | Straight jump |
| Forward roll down a slope to stand  (SPRING BOARD) | Walk to the middle of the beam on tip toes. | Squat on vault from the floor (3 sections of vault) | Show tuck shape 3” | Tuck Jump |
| Cartwheel over bench  (BENCH) | T balance 3”– Touch the beam and stand up |  | Show straddle shape 3” | Star Jump |
| Shoulder Stand 3”  (MAT) | Walk to end of the beam on tip toes. |  | Show pike shape 3” | Landing position |
| Body fold (MAT) | Star Jump off |  |  |  |

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| **SCHOOL YEAR** | **YEAR 2** | |  |  |  |
| **FLOOR** | **BEAM/BENCH** | | **VAULT** | **BARS** | **TRAMPOLINE** |
| Arabesque 3”  (INSIDE HOOP) | Step Onto Beam | | Run jump onto a spring board  and squat onto the vault (4 sections) and straight jump off | UP HIP CIRCLE | Straight jump |
| Forward roll  (MAT) | Walk to the middle of the beam on tip toes. | |  | FORWARD CIRCLE DOWN TO SHOW STRADDLE SHAPE 3” | Tuck Jump |
| Cartwheel on cartwheel mat  (MAT) | T balance 3” – Touch the beam and stand up | |  |  | Star Jump |
| Frog balance 3”  (INSIDE HOOP) | Walk backwards to end of the beam on tip toes. Turn around. | |  |  | Half term |
| Bridge (MAT) | Tuck  Jump off | |  |  | Landing position |
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| **SCHOOL YEAR** | **YEAR 3** | |  |  |  |
| **FLOOR** | **BEAM/BENCH** | | **VAULT** | **BARS** | **TRAMPOLINE** |
| Arabesque 3”  (INSIDE HOOP) | Bunny hop onto Beam | | Run jump on to a spring board  and squat onto the vault (5 sections) and star jump off | UP HIP CIRCLE | Straight jump |
| Forward roll to straddle stand  (MAT) | Dip walks to the middle of the beam. | |  | 3 LAY-AWAYS | Tuck Jump |
| Cartwheel  (MAT) | Arabesque 3”– Spin prep | |  | FORWARD CIRCLE DOWN TO SHOW PIKE SHAPE 3” | Straddle Jump |
| Frog Balance 3”  (INSIDE HOOP) | Straight jumps to the end of the beam | |  |  | Half turn |
| Bridge with one leg lifted (MAT | Half turn Jump off | |  |  | Landing position |
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| **SCHOOL YEAR** | **YEAR 4** |  |  |  |
| **FLOOR** | **BEAM/BENCH** | **VAULT** | **BARS** | **TRAMPOLINE** |
| Arabesque 3”  (INSIDE HOOP) | Bunny hop onto Beam | Run jump on to a spring board and squat onto the vault (5 sections) and half turn jump off | UP HIP CIRCLE | Straight jump |
| Backward roll to straddle stand  (MAT) | Forward roll on mat over the beam |  | 3 LAY-AWAYS | Pike Jump |
| One handed Cartwheel | Arabesque 3” –  Half spin |  | BACK HIP CIRCLE | Straddle Jump |
| Tucked Head stand 3”  (INSIDE HOOP) | Straight jumps to the end of the beam |  | FORWARD CIRCLE DOWN TO SHOW PIKE SHAPE 3” | Half turn |
| Bridge with one leg lifted, 3 jumps on one leg (MAT) | Half turn Jump off |  |  | Landing position |

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| **SCHOOL YEAR** | **YEAR 5** |  |  |  |
| **FLOOR** | **BEAM/BENCH** | **VAULT** | **BARS** | **TRAMPOLINE** |
| Y balance 3”  (INSIDE HOOP) | Straddle onto Beam | Run jump on to a spring board and straddle onto the vault (5 sections) and half turn jump off | UP HIP CIRCLE | Straight jump |
| Backward roll to front support  (MAT) | Forward roll |  | 3 LAY-AWAYS | Pike Jump |
| Round off  (MAT) | T balance 3” into Arabesque 3” –  Full Spin |  | BACK HIP CIRCLE | Straddle Jump |
| Head stand straight legs 3”  (INSIDE HOOP) | Straight jumps to the end of the beam |  | FORWARD CIRCLE DOWN TO SHOW PIKE SHAPE 3” | Full turn |
| Bridge kick over off spring board (SPRING BOARD) | Half turn Jump off |  | MOVE TO HIGH BAR – SHOW 3 SWINGS | Landing position |

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| **SCHOOL YEAR** | **YEAR 6** |  |  |  |
| **FLOOR** | **BEAM/BENCH** | **VAULT** | **BARS** | **TRAMPOLINE** |
| Y balance 3”  (INSIDE HOOP) | Straddle onto Beam | Run jump on to a spring board and squat through or straddle through over the vault (5 sections) | UP HIP CIRCLE | Straight jump |
| Backward roll to front suppprt  (MAT) | Forward roll |  | 3 LAY-AWAYS | Pike Jump |
| Round off jump half turn cartwheel  (FLOOR) | Y balance 3”–  Full Spin |  | BACK HIP CIRCLE | Seat drop |
| Kick to handstand (sjow handstand)  (INSIDE HOOP) | X3 Straight jumps |  | SQUAT ONTO THE BAR AND JUMP TO HIGH BAR | Full turn |
| Drop back to bridge Bridge kick over  (MAT) | Cartwheel off |  | 3 SWINGS | Landing position |

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| **SCHOOL YEAR** | **YEAR 7 +** |  |  |  |
| **FLOOR** | **BEAM/BENCH** | **VAULT** | **BARS** | **TRAMPOLINE** |
| Y balance 3”  (INSIDE HOOP) | Straddle onto Beam | Run jump on to a spring board and squat through over the vault (5 sections) | UP HIP CIRCLE | Straight jump |
| Backward roll to front support (MAT) | Cartwheel |  | 3 LAY-AWAYS | Pike Jump |
| Round off jump half turn round off | Y balance 3”–  Full Spin |  | BACK HIP CIRCLE | Seat drop |
| Hand stand forward roll (MAT) | X3 Straight jumps |  | SQUAT ONTO THE BAR AND JUMP TO HIGH BAR | Full turn |
| Backward walkover (MAT) | Cartwheel off |  | UP HIP CIRCLE – FORWARD CIRCLE DOWN | Landing position |

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| **ADVANCED** | **ANY AGE** |  |  |  |
| **FLOOR** | **BEAM/BENCH** | **VAULT** | **BARS** | **TRAMPOLINE** |
| Y balance 3” | Straddle onto Beam | Handspring | UP HIP CIRCLE | Straight jump |
| Backward roll to handstand | Backward walkover |  | 3 LAY-AWAYS | Pike Jump |
| Round off flic | Y balance 3”–  540 Spin |  | BACK HIP CIRCLE | Seat drop swivel hips |
| Hand stand pirouette 360 | Wolf jump |  | SQUAT ONTO THE BAR AND JUMP TO HIGH BAR | Back tuck/pike/straight |
| Backward walkover back handspring | Handspring off |  | STRADDLE ON AND UNDER SHOOT OFF | Landing position |