

Challenge yourself - Can you beat your score?

Chin ups on high bar (normal grip):

How many can you do in a row, keeping legs and body straight?

No arching or kicking allowed.

Chin must go completely above the bar.

If you let go of the bar, you cannot try again and your score is final.

Date:	Date:	Date:	Date:	Date:
Score:	Score:	Score:	Score:	Score:

Reverse handstand hold against wall (stomach and nose touching the wall):

How many seconds can you hold this for?

Count honestly... one gymnast, two gymnast, three gymnast....

Your time stops if you move your hands or roll out of the handstand.

Keep your nose against the wall at all times and maintain a straight shape,

Date:	Date:	Date:	Date:	Date:
Score:	Score:	Score:	Score:	Score:

Starting in a squat shape, jump and tuck up to handstand and then tuck back down to squat:

How many can you do in a row without moving your hands?

Stop counting if you do not hit the correct tall handstand shape.

Legs must stay together at all times.

Hands must be stuck in place on the floor - stop counting if they move.

Date:	Date:	Date:	Date:	Date:
Score:	Score:	Score:	Score:	Score:

Starting in a squat shape, jump and straddle up to handstand and then straddle back down to squat:

How many can you do in a row without moving your hands?

Stop counting if you do not hit the correct tall handstand shape.

Legs must open wide when straddling up and down.

Hands must be stuck in place on the floor - stop counting if they move.

Date:	Date:	Date:	Date:	Date:
Score:	Score:	Score:	Score:	Score:

On wall-bars, 'scissors' hang in a pike shape:

How many scissors can your legs do, keeping feet at the same height as hips?

Stop counting if your legs drop lower than your hips.

Legs must stay straight at all times.

The feet cross over each other, swapping places quickly, moving like scissors.

Date:	Date:	Date:	Date:	Date:
Score:	Score:	Score:	Score:	Score:

On high beam: 'Around the world':

How many times can you turn under the beam and back on top of it without touching the floor?

Start on top of the beam, lying on your stomach. Turn yourself to hang

underneath the beam and then swing to put yourself back up on top again.

Remove crash mats from underneath the beam if you need more room to swing

your legs.

Your score only counts if you get all the way to the top of the beam again without

touching the floor. Your score is how many you did in a row.

Date:	Date:	Date:	Date:	Date:
Score:	Score:	Score:	Score:	Score:

Standing long jump:

How many spots can you jump over?

Standing jump, no running into it.

Place the bigger circle spots in a line and count how many you successfully jump

over. The feet must take off and land together.

Date:	Date:	Date:	Date:	Date:
Score:	Score:	Score:	Score:	Score:

Handstand walk:

How many steps can your hands take in a handstand?

Stop counting if your legs separate.

You can travel in any direction, forwards, backwards, sideways.

The body must stay straight - do not stick your head out or arch your back.

Date:	Date:	Date:	Date:	Date:
Score:	Score:	Score:	Score:	Score:

Front support hold on rings:

How many seconds can you hold this position on the rings?

Once you jump up to the front support shape, start counting honestly.

Your body must remain in a straight shape, with hands pulling rings close to the

side of your body.

Date:	Date:	Date:	Date:	Date:
Score:	Score:	Score:	Score:	Score:

Tricep dips on P-Bars:

How many times can you dip, where your arms reach a 90 degree angle?

Remove the big mat from underneath, so you can hold yourself in a straight

shape without feet touching the floor. Your legs can bend if your feet still touch

the floor when dipping, or you can raise the height of the bars.

Your score is how many you can do in a row - you must not rest for more than 3

seconds in between each rep.

Date:	Date:	Date:	Date:	Date:
Score:	Score:	Score:	Score:	Score:

AIRIES
GYMNASTICS

BRITISH GYMNASTICS RISE EXCEL AWARD SCHEME

THIS GYMNASTICS TRACKER BELONGS TO:

Please put me in a plastic wallet/folder and bring me to every lesson. Take me home and share with family and friends. If I am lost or broken, I am £3.00 to replace.

After each lesson, have a look at the blue sections - if there is a date written underneath the 'Passed Date', then this level has been passed and the medal and certificate can be purchased for £6.00:

*Airies Gymnastics Club LTD Sort code: 20-03-84 Account number: 13592359
Reference: Child's name*

Medals and certificates are awarded in the first lesson back proceeding payment.

There are no medals or certificates awarded for achieving the 'Apparatus skills' or completing the 'challenges', as they are not part of the British Gymnastics RISE Award Scheme. We have created these to cover a wider range of skills and help aid progress.



Tuck russian lever (Hips at 45 degree angle, 3 secs)
Straight jump with one and a half turn
Tuck jump with full turn (Knees above horizontal)
Cat leap with full turn (Knees above horizontal)
One and a half turn on one foot (Turning forwards or backwards)
Handstand with lever down to stand (Straddle/pike down)
Forward roll to straddle or pike lever
Creative handstand (Double stag or star)
Handstand with half turn (Move each hand only once)
Backward walkover / Forward walkover
Backward roll to handstand
Round-off (Optional rebound jump after)



CORE SKILLS 1
(10/12 TO PASS)

Passed date:

____/____/____

Date award presented in class:

____/____/____

Russian lever / Tuck top planche
Advanced jump with full turn / Straight jump with double turn / Tuck jump with one and a half turn
Turn on one foot with a creative leg position
Tour jeté / Split change
Ring positions
Straddle or pike lever to handstand
Handstand with double turn
Creative flick (To 1 or 2 knees)
Flyspring (Hips extended on landing, no squat)
Backward somersault (From standing or proceeding elements)
Free cartwheel / Free walkover / Side somersault
Combination sequence with Excel Core Skills

CORE SKILLS 3
(10/12 TO PASS)

Passed date:

____/____/____

Date award presented in class:

____/____/____

Planche on one or two elbows (3 secs)
Advanced jump with half turn (Straddle, pike, wolf or split)
Double turn on one foot (Remain on toes throughout)
Straddle or pike elephant lift to handstand
Handstand with full turn (Move each hand only twice)
Valdez (Straight legs in kickover)
Choice of skill to finish in splits (Skill from Explore CS4 or Excel CS1)
One-handed walkover / Change leg walkover
Rotate into or out of handstand with half turn
Handspring to one or two feet
Flick (From standing or round off)
Forward somersault

CORE SKILLS 2
(10/12 TO PASS)

Passed date:

____/____/____

Date award presented in class:

____/____/____

Jump to cradle / Cradle throw
Top spin
Straddle or pike lever with the base on back
Shoulder balance with knee support
Splits on shoulders with the bases on knees
Counterbalance on thighs with the base on feet (In pair or trio)
Front or back angel on feet
Stand in hands short arm with the base on back
Performance in a pair or trio with Explore Core Skills 4 and/or Excel Core Skills 1 (5+ skills)
Performance in a group with Explore Core Skills 4 and/or Excel Core Skills 2 (5+ skills)

WORKING TOGETHER 1
(7/10 TO PASS)

Passed date:

____/____/____

Date award presented in class:

____/____/____

8YRS+ EXCEL: APPARATUS SKILLS

8yrs+ Excel Level:	Date Achieved	Coach
VAULT		
☐ Jump over the whole vault		
☐ Front handspring off		
☐ Handstand flat back onto raised mats		
☐ 1/2 on to lay on stomach on raised mats		
☐ Round off over		
☐ Front handspring over		
TRAMPETTE		
☒ Run and 1/2 turn straddle jump to land		
☒ Run and full turn tuck jump to land		
☐ Run and 1 1/2 turn straight jump to land		
☐ Run and somersault onto back or feet onto stacked mats		
☐ Tucked somersault to land on level mat		
☐ Piked somersault to land on level mat		
☐ Round off on to trampette, backward straight jump off		
☐ Standing on trampette, jump to shoulder stand on high, slanted stacked mats, backward roll to land on floor (back somersault prep)		
HIGH BAR		
☐ Pull chin up over bar in straight hang - x1 in normal grip		
☐ X5 swings with re-grips to land		
☐ Tuck through to inverted hang, 5 second hold, pull back through		
☐ Long circle up from swinging		
LOW BAR		
☐ Backward hip circle from a cast		
☐ Cast to squat on, straight jump off forwards to land		
☐ Cast to straddle on, undershoot to land		
BROWN FLOOR BEAM		
☐ Full spin on 1 foot		
☐ ½ wolf spin on 1 foot		
☐ ½ turn tuck jump to land		
☐ 3 second split handstand hold		
☐ 1 handed cartwheel to lunge		
HIGH BEAM		
☐ Mount: Squat on, ¼ turn in squat with arms in front, stand		
☐ Mount: Squat through, hold tuck lever 3 secs, turn to stand		
☐ Free forward roll to stand (no hands)		
☐ Cartwheel		
☐ Handstand to finish in lunge		
☐ ½ turn spin on one foot		
☐ Dismount: Round off to land		
☐ Dismount: Front handspring to land		
☐ Dismount: 2 fast steps, leap, arms up, straight jump off and swing arms down (front somersault prep)		