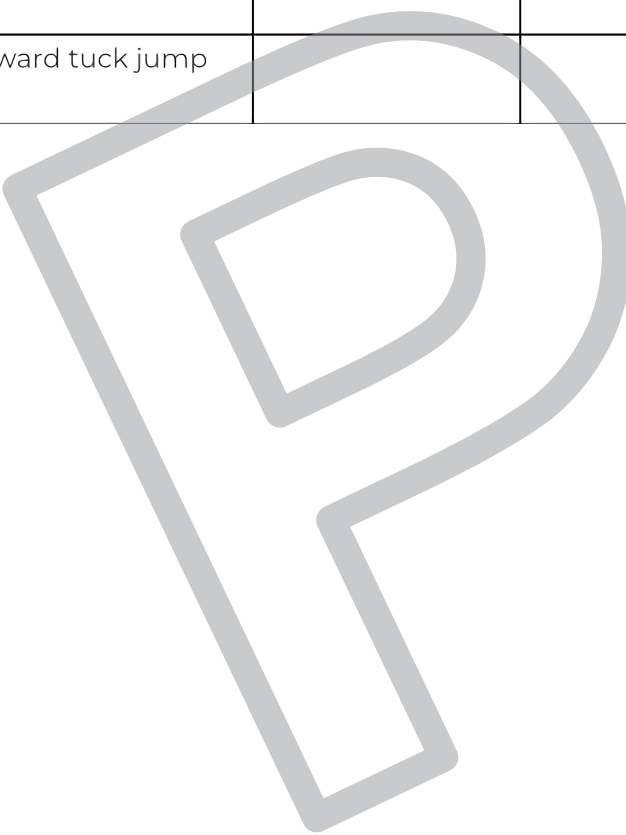


ward tuck jump		

ward tuck jump		
		

☐	Cartwheel to lunge
☐	Handstand to lunge
☐	½ turn spin on one foot
HIGH BEAM	
☐	Mount: Jump to straddle on, ¼ turn stand
☐	Forward roll to stand
☐	Star jump
☐	Cat leap
☐	Dismount: ½ turn straight jump
☐	Dismount: Straddle jump
☐	Routine with mount, 1 skill, 1 dismount

☐	Cartwheel to lunge
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☐	Star jump
☐	Cat leap
☐	Dismount: ½ turn straight jump
☐	Dismount: Straddle jump
☐	Routine with mount, 1 skill, 1 dismount



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'm lost or broken, I am £3.00 to replace.

After each lesson, have a look underneath the purple sections - if there is a date written next to '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', as they are not part of the British Gymnastics RISE Award Scheme. We have created these checklists to cover a wider range of skills, help aid progress and ensure that gymnasts are participating in the correct level class at Airies.

CORE SKILLS 1 (8/12 TO PASS)
Beginners

Walk with rotation
Run
Hop (5 on each leg)
Key shapes
Dish / Arch (Both for 3 secs)
Turn in support
Choice of one-foot balance
Shaped jumps (2 from either straight, tuck, star)
Half turn on one foot
Dish to arch roll (Hold both shapes for 3 secs)
Side roll
Bunny jump

Passed date: ____/____/____

CORE SKILLS 2 (8/12 TO PASS)
Beginners

Aerobic steps (Jacks & lunges to a beat/clap/music)
Grapevine (Remain on toes throughout)
Chassé step forwards / Chassé step sideways / Chaînés (Two of above options, on both legs)
Hurdle step, rebound jump (Finish in landing shape)
Shoulder stand (3 secs, then roll up to stand)
Japana / Pike fold (Either for 3 secs)
Press up
Arabesque (3 secs)
Straight jump with half turn
Cat leap / Scissor leap (Either)
Teddy bear roll (1/2 a circle)
Forward roll (Stand up without using hands)

Passed date: ____/____/____

CORE SKILLS 3 (8/12 TO PASS)
Intermediates

Chassé step into a choice of skill (Skill from CS1 or CS2)
Supported levers (Straddle & Pike Lever with 1 foot down - 3 secs)
Splits (Front or box for 3 secs)
Bridge (3 secs with straight legs, feet together)
Frog balance / Headstand (Either for 3 secs)
Y balance (Hold foot/calf/thigh for 3 secs)
Straight jump with full turn
Tuck jump with half turn
Full turn on one foot
Backward roll (Finish in squat then stand)
Cartwheel (Front to back or side to side)
Handstand

Passed date: ____/____/____

CORE SKILLS 4 (8/12 TO PASS)
Advanced

Perch (3 secs with straight arms)
Levers (Tuck, pike or straddle for 3 secs)
Advanced jump (1 from straddle/pike/wolf/split/sissone)
Advanced leap (1/2 turn cat leap)
Backward roll to a creative finish (Finish in straddle stand or 1 knee)
Cartwheel on both sides (Front to back or side to side)
One-handed cartwheel (1st or 2nd hand on floor)
Cartwheel-snap (Bringing 2nd foot next to 1st foot)
Handstand forward roll (Bent or straight arms)
Bridge kickover (Finish in lunge)
Handstand to bridge
Acrobatic sequence with Core Skills 2, 3 and/or 4 (2 skills)

Passed date: ____/____/____

WORKING TOGETHER 1 (8/12 TO PASS)
Beginners

Counterbalance (Face to face and side to side)
Assisted shaped jump (Straight, tuck or star)
Shaped jump over an obstacle
One-foot balance in contact
Roll in contact
Supported front support
Start and stop with the music
Core Skills 1 in unison (In pair, trio or group)
Sequence with two skills (From CS1)
Line formation (Group of 5+)
Work in multiple pairs
Display with Core Skills 1 (As a pair, with or without music)

Passed date: ____/____/____

WORKING TOGETHER 2 (8/12 TO PASS)
Intermediates

Counterbalance with a choice of skill (CS1 or CS2 skill)
Teddy bear roll around a teammate
Forward roll over an obstacle
A choice of skill in contact
Bunkbeds with the base's legs straight (As a pair or trio)
Stand on thighs with the base on knees (As a pair or trio)
Bounce to the beat (Stop and start with the music)
Core Skills 2 mirrored (In pair, trio or group)
Sequence with three skills (From CS2)
Circle formation (In a group of 5+)
Work in multiple trios
Display with Core Skills 1 and/or 2 (4 skills as a group, with/without music)

Passed date: ____/____/____

WORKING TOGETHER 3 (8/12 TO PASS)
Intermediates

Assisted creative handstand (Pair or trio)
Backward roll to assisted shaped jump
Cartwheel over an obstacle (Pair or trio)
A choice of supported skill (CS2 or CS3, pair or trio)
Tank rolls (x3 consecutive rolls)
Stand on one knee with the base on knee
Chassé step to the beat and count (Alternating legs)
Core Skills 3 in canon (Pair, trio or group)
Sequence with four skills (From CS3)
V formation (Group of 5+, CS3)
Work in a large group (Group of 8+, CS3 in unison)
Display with Core Skills 2 and/or 3 (5 skills, group of 5+, with/without music)

Passed date: ____/____/____

WORKING TOGETHER 4 (8/12 TO PASS)
Advanced

Leapfrog
Stand on shoulders with the base on knees (Pair or trio)
Cartwheel across thighs
Stand on thighs with the base on feet (Pair or trio)
Bunkbeds with the base's legs bent (Pair or trio)
Assisted advanced jump (1 from straddle/pike/wolf/split/sissone)
Work to four counts (1 skill from CS4)
Core Skills 4 in unison, mirrored and in canon (Pair, trio or group)
Sequence with five skills (CS3 and/or CS4)
Link formations (In a group of 5+)
Work in a pair, trio and large group (CS4 in unison)
Display with Core Skills 3 and/or 4 (5 skills, group of 5+, with/without music)

Passed date: ____/____/____

4YRS+ BEGINNERS: APPARATUS SKILLS

4yrs+ Beginners Level:	Date Achieved	Coach
VAULT		
☐ Straight jump off of vault to land		
☐ Run, straight jump off of large springboard to land		
☐ Standing on springboard, squat on to vault		
☐ Standing on springboard, straddle on to vault		
TRAMPETTE		
☐ Standing straight jump to land		
☐ Run and straight jump to land		
☐ Standing star jump to land		
☐ Run and star jump to land		
☐ Standing tuck jump to land		
☐ Run and tuck jump to land		
HIGH BAR		
☐ Hold for 10 seconds: Straight shape		
☐ Hang in 1 armed straight shape for 5 seconds on each hand		
☐ Traverse sideways, x1 full bar length left & right in straight hang		
☐ Hold for 5 seconds: Tuck and star		
LOW BAR		
☐ Hold for 5 secs: Front support hold		
☐ Hold for 5 secs: Hanging straddle fold, toes hooked under bar		
☐ Forward circle down from front support		
☐ X5 leg swings in front support keeping arms straight		
BROWN FLOOR BEAM		
☐ Straight jump to land		
☐ Tuck jump to land		
☐ Walk backwards, turning around at the end		
☐ Rebound jumps with arms down along full length		
HIGH BEAM		
☐ Mount: Jump to front support, swing 1 leg over, place feet on behind, then knees, stand up		
☐ Tiptoe walks, 1 leg balance, straight jump dismount		