

Acrobatic Gymnastics Level 1 (Cycle 6) Syllabus

Individual Elements:

Forwards roll to straddle sit
Forwards roll to straddle stand
Backwards roll to straddle stand
Forwards roll to stand
Backwards roll to stand
Headstand
Handstand forwards roll
One foot stand
Tuck, pike and straddle lever hold
Bridge
Japan
Splits
Cartwheel
Round-off

Pair Skills:

Handstand supports at low level
Stand on knees of base - counter balance
facing in the same direction

Pair Skills continued:

Stand on knees of base - counter balance
facing in the opposite direction
Stand on knees of base - partners facing in
the same direction
Stand on knees of base - partners facing in
the opposite direction
Stand on hands of base lying - bent arms
Stand on shoulders of base - kneeling
Stand on shoulders - base standing
Supported front angel
Supported back angel
Supported shoulder stand
Lifted jump - supported straight jump
Lifted jump - forwards roll straight jump
Lifted jump - backwards roll straight jump
Dive to catch in cradle
Paired rolling
Leapfrog
Assisted cartwheel
Pull through to stand on knees

Group Skills

Supported One Foot Stand
Supported Hand Stand
Stand on Knees
Stand on Shoulders
Supported Jump
Platform
Cradle Catch