

## Acrobatic Gymnastics Level 2 (Cycle 6) Syllabus

### Dance Skills:

Posture  
Arm positions  
Basic dance exercises  
Spins

### Individual – Flexibility:

Standing drop back to bridge  
Handstand to bridge to stand  
Backwards walkover  
Forwards walkover  
Backwards walkover to splits  
Forwards elbow walkover to splits  
Change leg walkover  
One-handed walkover (forwards & backwards)  
Valdez (inc. One-handed)  
Jump 360° to splits  
Healy turn

### Individual – Stand skills:

Wine glass  
Arabesque  
Headstand with straight legs  
Straddle ½ lever  
Half lever  
Tucked top planche  
Chest balance

### Individual – Agility:

Forwards roll to straddle stand  
Backwards roll to straddle stand  
Dive forwards roll & Hecht dive forwards roll  
Backwards roll to handstand  
Headspring  
Headspring with 180° to front support  
Cartwheel chassé cartwheel  
Cartwheel, chassé, round off, stretch jump  
Teach hurdle step  
Free cartwheel  
Handspring

Two handsprings connected  
Round off leading into jumps  
Round off, stretch jump, backwards roll  
Round off, jump half turn, cartwheel  
Round off, jump ½ turn, round off  
Flic  
Flic walkout (and to knee)  
Cartwheel ¼ turn, flic  
Round off to lead into flic  
Round off, flic  
Round off, flic, flic  
Handspring, round off, flic

### Pairs – Balance:

Front angel (base standing)  
Back angel (base standing)  
Stand on one foot (base kneeling)  
Handstand on knees (base in squat)  
Handstand on knees (base in lunge)  
Hand-to-hand balances – base in short arm (supine and standing)

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### **Pairs – Balance continued:**

Handstand on shoulders  
Stand in short arm – base standing  
Straddle and half lever on long arm (supine and standing)  
Two-on-two straddle lever on arms  
Straddle lever on hand and head of base  
Motions of base to splits for various top positions  
Motions of base to straddle sit for various top positions

### **Women's Groups – Balance:**

Bases in lunge (top standing and handstand)  
Top in splits  
Top in plank / log  
Straddle lever on bases side-by-side  
Saucepan  
Bridge balance  
Half column  
Spaghetti balance (top standing and top in straddle lever)

Back somersault from standing on platform to floor  
Pitch stretch jump  
Pitch  $\frac{1}{4}$  somersault to back landing in cradle  
Pitch  $\frac{1}{4}$  somersault to front landing in cradle  
Supported handspring  
Round off to back, landing in cradle  
Round off to log  
 $\frac{3}{4}$  somersault from cradle to floor (forwards and backwards)  
Cradle to cradle (up to 540° twist)

### **Pairs – Dynamic:**

Backwards roll to assisted jump  
Assisted stretched, star and tuck jumps  
Assisted jump 360°  
Front somersault from bases shoulder (forwards turnover)  
Top jumps to cradle (with 180° and 360° turn)  
Jump to wrap from floor  
Pitch stretch jump  
Pitch stretch jump to catch in bases hands

### **Women's Groups – Dynamic:**

Pitched stretch jump from platform to floor  
Pitched stretch jump from platform back to platform  
 $\frac{1}{4}$  somersault from platform to back landing in cradle  
 $\frac{1}{4}$  somersault from platform to front landing in cradle  
Back somersault from sitting on platform to floor

### **Men's Groups – Balance:**

Two bases standing, third base standing on shoulders, top in supported handstand on floor  
Base (1) supine with legs raised supporting base 2 & 3 in stand on knees, top standing in short/long arm of base 1  
Base (1) supine with legs raised supporting base 2 & 3 in stand on knees, top handstand on floor to base 3

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### **Men's Groups – Balance continued:**

Base (1) supine with legs supporting base 2 & 3  
in handstand on knees, top in lever on base 1

Bases 1, 2 & 3 in half column, top supported  
handstand on floor

### **Men's Groups – Dynamic:**

Platform stretch jump (3 bases)

