

Acrobatic Gymnastics Level 3 (Cycle 6) Syllabus

Technical Module 1

Analysing Skills:

The straddle up to handstand
Flic to headstand
Jump 360° to splits

Flexibility and Stands:

Needle scale
Forwards walkover to splits
Backwards walkover to splits
One hand forwards and backwards walkovers
Backwards walkover, half turn to front walkout
Two handed elbow planche
One handed elbow planche
One arm handstand
Straddle down

Flighted Individual Elements:

Free cartwheel
Forwards somersault
Backwards somersault
Round-off flic backwards somersault in series
Somersault to land on knee or splits

Technical Module 2

Pair Static Elements:

Levers
Two arm short arm (crocodile)
One arm short arm (crocodile)
One foot stands
Straddle lever to handstand
Handstands
Two arm Mexican handstand/hyper Mexican and ring
Two arm flag handstand
Balances on head of base
Balances with base in headstand

Pair Static Elements continued:

Balances with base in shoulder stand
Ping to straddle lever
Motions of the base with the top in one arm to sit
Motion of base to splits
Japana support on feet

Pair Dynamic Elements:

Pitch to catch in front and back angel (with 180° turn)
Pitch to catch
Straight jump back to shoulders
Somersault dismount from hands
Pitch somersault dismount
Skills to catch in wrap
Pitch courbette (reverse handstand)
Courbette from stand in hands
Round off boosted somersault overhead

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Technical Module 3

Coaching Women's Group Static Skills:

Balance with the bases side-by-side -
top in splits
Balance with the bases side-by-side -
top in lever
Climb up
Ping up to shoulders
Ping up to lever
Balance with the bases side-by-side -
top in handstand
Balance with bases in bridge
Double shoulder stand support with
top on feet
Linked handstand support with top
on feet or knees
Tepee
Box balance
Balance with the base in lunge
Half column
Ping round
'Dead ant' balance

Coaching Men's Group Static Skills:

Four man balance bases 1 and 2 in
side-by-side lunge
Four man balance bases 1 and 2
standing side-by-side
Single base balance
Four man balance bases 1 and 2 in bridge
Half column in bridge or table

Technical Module 4

Coaching Women's Group Dynamic Skills:

Platform straight jump to re-catch
Platform straight with 180° twist to re-catch
Salto dismount from platform or pitch
Full twist salto dismount from platform
or pitch
Turntable
 $\frac{3}{4}$ back salto to cradle
Handstand salto to catch in cradle

Coaching Women's Group Dynamic Skills continued:

Courbette from platform to catch
in handstand
Round-off to log
Round-off swing (cannonball) to handstand
Boosted overhead salto to floor
Round-off boosted salto overhead to catch
in handstand
Handstand 6/4 tuck salto dismount

Coaching Men's Group Dynamic Skills:

Three-man pitch from platform to
re-catch on platform
Pitch from one man to two man catch
on platform
Change base platform-to-platform salto
5/4 salto from platform to cradle