

Acrobatic Gymnastics Senior Club Coach (Cycle 5) Syllabus

Individual Elements:

One-hand walkover backwards and forwards.
Inverted needle scale
Top Planche
Walkover to splits
Limber to knees
Healy turn from handstand to sit
Back walkover, half turn to forward walkover
Flick to chest roll
Headspring and handspring to straddle sit
Flick to splits
Arabian dive roll
One-hand handstand
A variety of spins and combinations
Barani or free cartwheel to kneel
Round off, back somi in the tucked and stretched position to kneel

Pairs and Groups - Individual Elements:

Full twist straight somersault
Arabian somersault
Side somersault
One-handed flick
Free cartwheel; free walkover
Backflip, immediate free cartwheel
A variety of leaps and combinations

Pairs - Partner Balances Elements:

Jump up to straight arm handstand lying and standing
Lever up to straight-arm handstand and lever back down
Mexican Handstand on straight arm support
One arm handstand on short arm support
Pitch half turn to bent arm support, press to high stand in hands
Pitch half turn to straight arm support
Short arm handstand, base goes down to sit or splits

2 on 1 straddle lever down to sit or splits
Straddle lever on long arm support, transition to bent arm planche or short-arm handstand
Straddle lever on shoulder stand support
Handstand with one hand on head of base, the other hand supported by the base
Bent arm planche on one arm
Reverse to pike half lever and to hand to hand on bent and straight arm supports
One foot stands on straight arm support in lying and standing
Base lying, top performs one foot stand on straight arms of base
Base in headstand or shoulder stand, top performs straddle lever on feet of base
on 2 straddle lever, top lifts to handstand, then straddles down

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Pairs – Tempo Elements:

Piked and straight somersault from pitch

Full twisting straight somersault from stand in hands or shoulders

Boosted somersault over head of base

Courbette from stand in hands to short arm handstand

Tucked and piked front somersault dismount from stand in hands

Tucked and straight back somi from hands

Round off, half turn to front angel

From stand in hands, pitch and recatch with a straight jump and half turn of top or base

From stand in hands, pitch to $\frac{3}{4}$ front and back somi to catch in cradle

From front angel support, pitch to catch in cradle, or $\frac{1}{2}$ turn recatch in back angel and 360° twist to recatch in front angel

Round off 360° twist to cradle

Round off to cannonball

Hecht Dismount from handstand

Pitch $\frac{1}{2}$ twist to stand in hands with a clear release

Pairs – Tempo Elements continued:

Pitch to front angel and 180° to back angel

Handstand on floor $\frac{3}{4}$ somi to catch in front angel

Women's Group Balance Elements:

Half column with top in short arm handstand

Bases stand side by side, top levers up to handstand and back down to half lever on two handed support

Bases stand side by side, top jumps to Mexican handstand on 2 handed support

Bases stand side by side, top holds straddle lever, bases slide to splits

Base in lunge, top in short arm handstand or half lever, middle in handstand on back leg and moves down to straddle half lever. Base to slide to splits

Half column, top in straddle hold, base goes to bridge and returns

Splits on straight arm support with 2 and 1 handed supports

Women's Group Balance Elements continued:

Variety of base positions: Bridge on bridge, Wrap, Handstand on chair, Double "L" shape support, Base in bridge one arm and middle in front support

Women's Group Tempo Elements

Pitched straight somersault

From platform, lazy back with full twist to cradle

Boosted somersault over heads of bases in tucked, piked and straight positions

Boosted $\frac{3}{4}$ somi over heads of bases in any shape to catch in cradle

Pitched tucked and straight somersault to catch in cradle

From platform, $\frac{5}{4}$ front and back somersault to catch in cradle and immediate twists

From platform, high jump in tuck, pike or front split position or with $\frac{1}{2}$ twist to recatch on platform

$\frac{1}{2}$ turntable

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Women's Group Tempo Elements continued:

From standing on platform, Courbette to catch in handstand, bases supporting forearms of top

From handstand support, 1½ somi to land on feet

From handstand support, bases swing top in pendulum, return to handstand support and then dismount by either handspring or ¼ or ¾ somersault to cradle

From platform, Double tucked front and back somersaults

From platform, Arabians somi

From platform, tucked back somi to land back on platform

Holding hands and feet, swing top to 4/4 somi to land in cradle

From 3 high stand in half arm, ¾ front or back somi to land in cradle.

From roundoff to handstand catch

Men's Groups Balance:

B1 & B2 standing in lunge, B3 stands on their knees; top is supported by B3 to perform:

1) Handstand in short-arm; 2) Handstand in long-arm; 3) Handstand with one hand in short-arm, the other on head of B3; 4) One-arm handstand on head of B3; 5) One-arm handstand in short-arm support

B1 & B2 side by side in bridge, B3 standing on their thighs; top performs stand on shoulders of B3

B1 in back support, B2 stands on his knees; B3 stands on knees of B2; top stands on shoulders of B3

B1 in back support; B2 stands on his knees; B3 stands on knees of B2, supporting top in short-arm handstand

B1 supports B2 in counterbalanced stand on knees, facing in; B3 stands on thighs of B1; top performs stand on shoulders of B3

B1 supports B2 in stand on knees, facing out; B3 stands on shoulders of B2; top performs stand on shoulders of B1

Men's Groups Balance continued:

B1 & B2 stand side by side supporting B3 in stand on their shoulders; top stands on shoulders of B3

B1 & B2 stand side by side supporting B3 in stand on their shoulders; top stands on knees of B3

B1 & B2 stand side by side supporting B3 in stand on their shoulders; top performs planche with one hand on head of B3, the other hand in the hand of B3

Men's Groups Tempo Elements:

Pitched straight somersault

From platform, lazy back with full twist to cradle

Boosted somersault over heads of bases in tucked, piked and straight positions

Boosted ¾ somi over heads of bases in any shape to catch in cradle

Pitched tucked and straight somersault to catch in cradle

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Men's Groups Tempo Elements continued:

From platform, 5/4 front and back somersault to catch in cradle and immediate twists

From platform, high jump in tuck, pike or front split position or with 1/2 twist to recatch on platform

1/2 turntable

From standing on platform, Courbette to catch in handstand, bases supporting forearms of top

From handstand support, 1 1/2 somi to land on feet

From handstand support, bases swing top in pendulum, return to handstand support and then dismount by either handspring or 1/4 or 3/4 somersault to cradle

From platform, Double tucked front and back somersaults

From platform, Arabians somi

From platform, tucked back somi to land back on platform

Holding hands and feet, swing top to 4/4 somi to land in cradle

Men's Groups Tempo Elements continued:

From 3 high stand in half arm, 3/4 front or back somi to land in cradle

From roundoff to handstand catch

Two man to two-man courbette

5/4 somi to catch

3/4 somi with more than 360° twist to catch

Dance and Choreography

An understanding of Dance Terminology and the practical application of dance in gymnastics including:

Ballet/Dance Barre Movements:

Recognition and development of ballet class barre programmes and routines for gymnastics training

Choreographic Category:

1 and 2 elements from the tables of difficulty and their inclusion and valuation in routines at National 5 and International 3

Choreography:

The choreographic construction of routines with consideration of: variation in level, rhythm, tempo and effective use of space