

Acrobatic Gymnastics Assistant Coach (Cycle 5) 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
Handstand forwards roll
One foot stand
Tuck, pike and straddle lever hold
Bridge, japana and splits
Cartwheel
Round-off

Pair Skills:

Handstand supports at low level
Stand on knees of base counterbalances
Stand on hands of base lying - bent arms
Stand on shoulders of base - kneeling
Stand on shoulders
Supported front angel/back angel
Supported shoulder stand
Lifted jumps
Dive to catch in cradle
Paired rolling
Leapfrog
Assisted cartwheel