



# **Activity Instructor**

Cycle 7 Syllabus

**British**  
**Gymnastics**



Activity Instructor is a term adopted by British Gymnastics to describe the deliverer of participation and recreational activities.

This Cycle 7 award was created to help deliver a range of exciting British Gymnastics programmes and initiatives, such as:

- Core Proficiency\*
- Key Step
- GymFit
- GymChallenge

This syllabus provides reference material for the Activity Instructor (Cycle 7) accreditation.

Activity Instructor, Cycle 7

v.1.1

Published by British Gymnastics  
Ford Hall, Lilleshall National Sports Centre, Newport, Shropshire, TF10 9AT.  
[www.british-gymnastics.org](http://www.british-gymnastics.org)

Copyright © British Gymnastics 2020

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any form or by any means, without the prior written permission of British Gymnastics.

\* Please note the Core Proficiency Award Scheme will be retiring on 31st July 2022.

# Gymnastics Skills Syllabus

The gymnastics skills considered appropriate and acceptable to use with your Activity Instructor accreditation are listed below. This is known as your syllabus.

It is important you familiarise yourself with your syllabus as it is your duty to ensure you only instruct skills you are accredited for. There may be other positions, progressions or skills that you are aware of that do not appear here. In this instance you are encouraged to use the information and guidance in the Syllabus Regulations and Activity Selection syllabus.

Skills have been assigned to a common piece of gymnastics apparatus. In most instances skills can be developed in different gymnastics environments, on various gymnastics apparatus and surfaces, if these have been covered on the Activity Instructor course and have been appropriately risk assessed. However, there are some regulations to be aware of, which appear in the Syllabus Regulations section.

## Syllabus

Apparatus	Skills	
Floor	Locomotion	Walking
		Running
		Hopping
		Skipping
	Shapes and positions	Straight
		Star
		Tuck
		Pike
		Straddle
		Squat
		Lunge (forwards and sideways)
		Landing
		Dish
		Arch
		Shoulder stand
		Splits (Sagittal and Frontal)

Apparatus	Skills	
<b>Floor</b> (cont.)	<b>Supports</b>	Front support
		Side support
		Back support
		Pike lever
		Straddle lever
	<b>Static balance</b>	Four-, three- and two-point balances
		Stork balance
		Front balance
		Y-balance
		Arabesque
		Side scale
		T-balance
	<b>Dynamic balance</b>	Leg kicks
		Spins (up to 1/1 turn only)
	<b>Jumps and Leaps</b>	Straight jump
		Arch jump
		Star jump
		Tuck jump
		Pike jump
		Straddle jump
		Split jump
		Jumps (up to 1/1 turn only; with any of the shapes above)
		Rebounding
		Chassé
		Cat leap
		Scissor leap
		Stag leap
		Split leap

Apparatus	Skills	
<b>Floor</b> (cont.)	<b>Bridge</b>	Bridge
	<b>Rolling</b>	Log roll
		Egg roll
		Teddy bear roll
		Side straddle roll
		Dish to arch roll
		Forwards roll
		Backwards roll
	<b>Headstand</b>	Headstand
	<b>Handstand</b>	Handstand
		Handstand forward roll
	<b>Cartwheel</b>	Cartwheel
<b>Vault</b>	<b>Locomotion</b>	Hurdle step onto springboard
	<b>Weight on hands</b>	Squat on
		Straddle on
		Squat through
		Straddle over
<b>Balance apparatus</b> e.g. benches & low beams	<b>Mounting</b>	Squat and Straddle on
		Front support
		Using other apparatus to mount
	<b>Static and Dynamic Balance</b>	Four-, three- and two-point balances from the floor syllabus excluding Frog balance
		One-foot balances from the syllabus
		½ turn on two-feet
		Leg kicks
	<b>Locomotion</b>	Walking
		Dip steps
		Bunny jumps

Apparatus	Skills	
<b>Balance apparatus (cont.)</b>	<b>Jumps and Leaps</b>	Straight jump
		Tuck jump
		Split jump
		Cat leap
		Scissor leap
		Split leap
	<b>Weight on hands</b>	Handstand*
		Cartwheel*
	<b>Rolling</b>	Forwards roll*
	<b>Dismounting</b>	Any jump from the floor syllabus
<b>Rebound equipment</b>	<b>Springboard</b>	Two footed jumps off to land
	<b>Trampette</b>	Entrance from higher or level platform
		Entrance from floor
		Two footed jumps (from the floor syllabus) from trampette to land
	<b>Fast track or Air track</b>	Two footed jumps (from the floor syllabus)
<b>Partner work and Group work examples</b>	Forward roll or cartwheel over dish	
	Forward roll supported jump	
	Supported handstand with at least one hand in contact with the floor	
	Supported cartwheel	
	Supported jumps and leaps	
	Leap frog	
	Jump to cradle with ½ turn	
	Stand in hands, short arm, lying and kneeling	
	Stand on shoulders with base kneeling	
	Sitting on shoulders with base standing	
	Stand on thighs (base kneeling, squatting, face to face and away from each other)	
	Long arm balance with base lying down (supports, front and back angel, log, baby balance supporting shoulders)	
	Pyramids with base layer on hands and knees, or kneeling. Top layer on hands and knees or standing	
	Counterbalances that combine any of the above movements	

\* On bench only.

Apparatus	Skills	
<b>Hand apparatus</b>	<b>Bean bags</b>	Throw and catch with/without partner
		Balance with
		Jump, leap, hop, skipping and roll with
	<b>Hoops</b>	Throw and catch with/without partner
		Balance on floor or body part
		Roll along floor and travel or to a partner
		Boomerang
		Roll along body parts
		Pass around body or to a partner
		Rotations at wrist, elbow, and shoulder such as Circles and Figures of 8
		Skip with and through
		Jump with and through
		Leap with and through
		Spin on floor, or with
	<b>Ropes**</b>	Folding
		Tying knots
		Pass around body
		Rotations at wrist, elbow, and shoulder such as Circles, Figures of 8, Sails or swings
		Skip with and through, with/without partners
		Jump with and through
		Leap with and through
		Spin with rope

**\*\* No throwing, no lassoing only working holding both ends, no wrapping.**

Apparatus	Skills	
<b>Hand apparatus (cont.)</b>	<b>Balls</b>	Throw and catch with/without partner
		Balance on body part
		Roll along floor and travel or to a partner
		The 'pick up'
		Roll along body parts
		Pass around body or to a partner
		Rotations at wrist, elbow, and shoulder such as Circles, Figures of 8
		Skip with ball
		Jump with ball
		Leap with ball
		Spin with ball
		Catch or trap with other body parts
	<b>Ribbons<sup>†</sup></b>	Moving the ribbon up, down, side to side, back and forth, diagonally
		Roll along floor and travel or to a partner
		Roll along body parts
		Pass around body or to a partner
		Rotations at wrist, elbow, and shoulder such as Circles, Figures of 8, Spirals and Coils, Snakes, Sails or swings and Swordsman
		Skip with and through
		Jump with and through
		Leap with and through
		Spin with and through
	<b>Other small hand apparatus</b>	Quoits
		Feathers
		Scarves

† No wrapping.



# Syllabus regulations

You are advised there are regulations regarding some skills and the use of some apparatus and equipment. For example, there are skills which you will be accredited to teach on floor which you are not qualified to teach on other gymnastics apparatus or equipment such as bench or low beam. Guidance regarding these regulations can be found below.

Any instructor practising skills, movements or progressions that violate syllabus regulations will be deemed to be operating outside of their accredited syllabus. As a consequence, the skill would not be deemed to be a recognised activity within a recognised environment and any insurance cover (through British Gymnastics or any other provider) would be rendered void.

## Syllabus regulations

### Floor, Vault and use of Hand apparatus

- Instructors should only practice skills which appear on the syllabus and should not further develop skills if they do not appear on the syllabus.
- Skills and movements can be combined in sequences and routines utilising hand apparatus and partner/group work. When combining movements with hand apparatus the skill should still be performed as per the syllabus e.g. no free rolls or one-armed cartwheel.

### Balance apparatus e.g. benches and low beam

- Instructors should be aware of the differences between the Floor and Bench and beam syllabus e.g. handstand and cartwheel on bench only.
- Cycle 7 Activity Instructors are not permitted to use high beams.

### Rebound equipment

- Instructors should only practice skills which appear on the syllabus.
- Cycle 7 Activity Instructors are not permitted to use trampolines.

## Partner and group work

Partner and group work can include any skill or combination of skills from the syllabus with the following exceptions:

- No hand to hand handstand allowed.
- Long arm balances lying down only.
- No standing in long arm.
- Standing in hands in short arm up to kneeling only.
- Standing on shoulders up to kneeling only.
- Standing on base in Bridge position on knees or thighs only.
- Pyramid balances to only have one base layer (up to kneeling) and one standing layer
- No balancing on a partner's head, or standing/balancing on neck.
- No forwards or backwards rotations more than 90° into/onto or out of/off a base/platform or position.
- No pitching other participants.

## Other apparatus

Cycle 7 Activity Instructors are not permitted to use hanging or climbing apparatus such as bars, p-bars, wall bars, rings or ropes.

Other apparatus that has not been explicitly stated in this resource but is a legitimate risk assessed piece of gymnastics activity apparatus or equipment can be utilised. Instructors must ensure they follow the Manufacturer's Guidelines when setting up, using and dismantling other apparatus.

A prudent Activity Instructor would also be aware of the syllabus of the accreditations and qualifications above theirs, to fully ensure that any activities they plan to carry-out are not outside of their accreditation.

# Activity selection

When selecting activities, you must ensure:

- The activity does not appear in the Syllabus Regulations table.
- You are familiar with the specific apparatus safety considerations.
- You risk assess the environment, apparatus and equipment to ensure they are safe.
- The participant is appropriately prepared physically and psychologically.
- You follow guidance on safe supports.

If you are unsure whether an activity is appropriate you should always check by asking a suitably qualified mentor or colleague, or by emailing [coaching@british-gymnastics.org](mailto:coaching@british-gymnastics.org)

British  
Gymnastics