

## Floor and Vault Club Coach (Cycle 5) Syllabus

### **Tumbling and Floorwork Skills:**

**Static Elements:** Russian Lever; Y Balance; Arabesque

**Handstands:** Straddle lift to handstand; Handstand pirouette; backward roll to handstand with straight arms with  $\frac{1}{2}$  turn

#### **Dynamic Movements:**

- One hand cartwheel; series of cartwheels
- Headspring
- Handspring; Flyspring; and combinations
- Dive forward roll
- Forward and Backward walkover
- Round off; round off and series of backflips
- Saltos; forward, backward, tucked and straight

**Physical Preparation:** related to the elements listed above

### **Vault Skills:**

**Preparation Skills:** Run up and take off; landing drills;  $\frac{3}{4}$  straight front somersault to backlie on a safe platform; stretch front somersault onto safety mattress

**Vaults:** Handspring; Headspring; Cartwheel with  $\frac{1}{4}$ ; straight legs squat (stoop vault)

**Physical Preparation:** for the vaults listed above

### **Safe methods of handling:**

Erecting, adjusting, dismantling and storing gymnastic apparatus

**Executing Safe Falls:** Falling safely when moving forwards, backwards or sideways with rotation or flight, falling safely from the apparatus; recovery techniques to avoid falls

**Safe Spotting Techniques:** The use of safe and recognised “spotting” or “supporting” techniques and the principles that ensure safe and effective supporting

**Use of progressive skills** in teaching gymnastic elements

### **Rebound:**

**Safety:** In the erection, use, dismantling and storing of rebound equipment including the trampette and trampoline

**Trampoline:** The introduction of correct techniques for, jumping; landing; front drop; seat drop; back drop; jumps with  $\frac{1}{2}$  and  $1/1$  turn and combinations of these skills as core elements for the teaching of gymnastic elements

**Use of the Trampette and Trampoline:** In the teaching of gymnastics elements listed in the Club Coach syllabus

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### **Dance and Choreography:**

**Head, feet and arm positions** - Good posture, five foot and arm position in classical dance

### **Ballet / Dance Barre Movements**

- i) Demi Plié, full Plié, relevé and their relationship with jumping and landing skills
- ii) Battement Tendu; Grand Battement; Développé, Grand rond de jambes

**Jumps, Leaps and Turns:** Chassé, coupé; sauté en premieré; changement; scissor kick; pirouettes, fouette

**Practical Application:** Use of the above elements in the physical preparation programme and the choreographic aspects of routine construction

