

## General Gymnastics Level 1 (Cycle 6) Syllabus

### **Fitness and Well-being - Physical Preparation:**

The warm up  
Pulse raising (aerobic) activities  
Flexibility training  
Basic conditioning  
The cool down session

### **Co-ordination and Agility:**

Throwing and catching  
Rolling the apparatus  
Bouncing the ball  
Skipping

### **Biomechanics - Level 1:**

Introduction, mass, centre of mass and balance  
Force and weight  
Projectile motion  
Rotating and pivoting

### **Body Management:**

Jumping  
Leaping or springing  
Execution of safe landings  
Landing safely from falls

### **Music and Rhythm:**

Non-Locomotive Skills:  
Body shapes  
Straddled fold: japa  
Front splits  
Half lever position  
Single leg balances

### **Floor Skills:**

Jumps and leaps  
Rolls  
Handstand  
Handstand forwards roll  
Cartwheel  
Cartwheel with  $\frac{1}{4}$  turn inwards

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### **Vault Skills:**

- Vault preparation
- Introduction of vaulting
- Squat on, jump off
- Squat vault
- Straddle vault

### **High Single Bar Skills:**

- Safety when working on a single bar
- Body shaping for correct swing technique
- Body shaping drills
- Developing grip strength and grip change awareness

### **Low Bar Skills:**

- Teaching the upward circle
- Backwards hip circle
- Cast from support on single bar
- Half forwards circle dismount

### **Bench, Beam and Platform Skills:**

- Bench and beam apparatus arrangements
- Bench, beam and platform awareness activities
- Static balances
- Mounting the beam
- Jump to support and swing
- Dismounting from bench, beam or platform

### **Working Together:**

- Introduction to partner activities
- Mirroring and matching activities
- Partner obstacle exercises
- Partner supported moving activities
- Weight bearing balances
- Counter balances
- Other simple counter balances