

General Gymnastics Level 2 (Cycle 6) Syllabus

Practical Delivery:

Warm up and physical preparation
Coordination and agility
Jumps and landings from platforms

Floor Skills:

Straddle lever
Splits
Box splits
Balances for floor
Headstand
Handstand
Y balance
Arabesque
1/1 turn jump

Acrobatic Skills:

Handstand forwards roll
Cartwheel quarter turn inwards
One handed cartwheel
Round off
Handstand bridge to stand
Forwards and backwards walkovers
Handspring
Back flic

Vault Skills:

Run up
Take off, hurdle step and jump from board
Handspring to back lie
Handspring vault

Bars Skills:

Upwards circle
Cast to land on the floor
Cast to backwards hip circle
Backward hip circle on high bar
Cast to squat on low bar, stand to jump to front support high bar
Undershoot from standing
Undershoot from sole support - pike or straddle
High bar work
Hand grips
Body shaping
Trolley swing
Swinging to the horizontal on chalk bar and in gloves and loops
Working in gloves and loops on polished bar
Swing with half turn

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Bench/Beam Skills:

Squat and straddle on
Walking into chasse
Forwards and backwards turns
Turns on one foot
Jumps
Stretched jump and the basics of all other jumps
Jumps for bench and beam
Basic skills for bench and beam
Adapting basic skills from floor to beam
Handstand on the beam
Dismounts
Cartwheel quarter turn off
Round-off
Handspring dismount

Partner Work:

Leap frog and cartwheel over base
Balances and partner
Front support group
Headstand, handstand group
Counter balance group
Trampoline