

General Gymnastics Level 3 (Cycle 6) Syllabus

Technical Module 1

Practical delivery:

Aerial cartwheel (also known as free cartwheel)
Aerial front walkovers (also known as free walkovers)
Backwards somersault: tuck, pike, puck, straight
Front Forwards somersault: tuck, pike, puck,
Side somersault: tuck and straddle

Technical Module 2

Practical delivery:

Whip somersault
Straight forwards somersault
Tuck & puck forwards somersault with $\frac{1}{2}$ twist
Puck forwards somersault with full twist
Pike forwards somersault with $\frac{1}{2}$ twist
Pike forwards somersault with full twist
Puck backwards somersault with $\frac{1}{2}$ twist
Puck backwards somersault with full twist
Straight backwards somersault with $\frac{1}{2}$ and full twist

Technical Module 3

Practical delivery:

Supported stands
Supported handstands
Shoulder stands
Angels
Supported jumps
Cradles

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Technical Module 4

Guidelines and considerations for hang skills and activities:

Long hang shapes and swinging
(including with turn)

Short hang shapes and swinging
(including inverted shapes)

Upstart

Long/short hang and twisting/spinning

Guidelines and considerations for support skills and activities:

Support shapes on straight arms

Support shapes on bent arms

Support shapes on apparatus with travel

Support on apparatus with swing

Support on apparatus with turn

Static balances on apparatus

Dynamic balance on apparatus

Guidelines and considerations for rotation skills and activities:

$\frac{3}{4}$ straight front to back lie

Revision of level 2 handspring to back lie

Revision of level 2 handspring

Handspring $\frac{1}{2}$ off

Handspring $\frac{1}{2}$ on, $\frac{1}{2}$ off

Handspring 1/1 off