

General Gymnastics Club Coach (Cycle 5) Syllabus

Tumbling and Floorwork:

Static Elements: Russian Lever;
Y Balance; Arabesqueb)

Handstands: Straddle lift to handstand;
Handstand pirouette; backward roll to
handstand with straight arms with ½ 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

Vault Skills:

Preparation Skills: Run up and take off;
landing drills; ¾ straight front somersault
to backlie on a safe platform; stretch front
somersault onto safety mattress

Vaults: Handspring; Headspring; Cartwheel
with ¼; straight legs squat (stoop vault).

Single Bar Skills:

Low Bar: Forward hip circle; Clear back
hip circle; Cast to back circle; Underswing
and sole circle dismounts. Cast towards
handstand and dismount.

High Bar: Body shaping (arch to dish);
traversing long the bar; cast from hang into
basic swing; safe dismounting from the bar;
recovery skills. Swing with ½ turn and change
of grip.

Parallel Bars (or Parallel Beams) skills:

Support: travelling in support, forwards,
backwards and with ½ turns. Swing in support
towards handstand; swing to straddle the bars
in back support; cast into swing

Upper Arm Support: swing in upper arm
support to straddled forward uprise

Dismounts: Face and flank vault dismounts.

Bench and Beam Skills:

Mounts: squat and straddle onto the beam

Spins, Jumps and Leaps: walking into chasse;
forward and backward turns (spins); various
jumps with and without ½ turns.

Inversions: Handstand; stag handstand; split
leg handstand.

Rolls: Forward roll; Handstand forward roll;
backward roll

Dismounts: Cartwheel ¼ turn; handspring.

Partner Work:

Partner Balances: Front and Back support

Stand on Knees

Stand on Shoulders

Inverted Balances: Supported Handstand
Shoulder/Knee Balance

Synchronised working using gymnastics
elements.

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Hand Apparatus:

Development of hand eye co-ordination through the use of hand apparatus

Safety and Spotting:

Safe methods of handling, erecting, adjusting, dismantling and storing gymnastic apparatus
Safe apparatus layouts

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

Dance and Choreography:

Head, feet and arm positions:

Good posture, five foot and arm position in classical dance

Ballet / Dance Barre Movements

Demi Plié, full Plié, relève and their relationship with jumping and landing skills

Battement Tendu; Grand Battement; Developé, 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.

Display Work:

Methods and techniques for the composition of display routines using a variety of styles.