

General Gymnastics Senior Club Coach (Cycle 5) Syllabus

Tumbling and Floorwork:

Jumps and Leaps: Various jumps with 180° and 360° turns

Tumbling Elements: Free cartwheel; Free Walkover. Round off; backflip, series of flicks, round of backflip. Somersaults – forwards and backwards, tucked and stretched. Handspring front salto; Handspring, flyspring front salto

Physical preparation related to the elements listed above

Single Bar Skills:

Low Bar: Short upstart; float upstart; squat two feet in and uprise to back support; forward seat circle

High Bar: Swing in hang upward circle; cast from support into $\frac{3}{4}$ giant swing circle to support. From swing tuck back somersault dismount

Physical Preparation: related to the elements listed above

Bench and Beam Skills:

Mounts: From a run jump to stand on the end of the beam

Elements: Cartwheel; Handstand forward roll; Backward roll to handstand

Dismounts: Standing back and forward somersault. Free Cartwheel

Physical Preparation: related to the elements listed above

Vault Skills:

Handspring: With $\frac{1}{2}$ and 1/turn

Cartwheel: With $\frac{3}{4}$ turn

Yamashita:

Physical Preparation: related to the elements listed above

Parallel Bars skills:

Support: Swing to handstand; Forward pirouette

Upper Arm Support: Upper arm upstart (Kip) to straddle or support; back uprise to support

Swing in Hang: Short upstart; float upstart

Dismounts: Swing on the end of the bars tuck back somersault. Swing in support tuck front somersault dismount

Physical Preparation: related to the vaults listed above

Partner Work:

The development of balances using:

- i) Counterbalance pairs balances
- ii) Basic group/trio balances

Physical Preparation: related to the elements listed above

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Rebound:

The safe use of the rebound situation (Trampette and trampoline) as an aid to teaching the elements listed in the Senior Club Coach syllabus

Dance and Choreography:

An understanding of Dance Terminology and the practical application of dance in gymnastics including:

Ballet/Dance Barre Movements:

Recognition and development of ballet class barre programmes and routines for gymnastics training

Jumps, Leaps and Turns: Chassé; coupé; changement; sauté en première; jeté, scissonné pirouettes, grand jeté; fouette

Choreography: The choreographic construction of routines with consideration of: variation in level, rhythm, tempo and effective use of space

Display Work:

The development of more advanced methods and techniques for the composition of display routines involving skills listed within the Senior Club Coach and preceding syllabi