

Preschool

Discipline Specific Syllabus & Prohibited Skills List

The gymnastic skills and progressions considered appropriate and acceptable to develop with your Preschool qualification are below in Table 1. If you believe you have a knowledge-gap, you should ensure you proactively seek further information regarding these skills and progressions.

The skills and progressions have been assigned to a piece of common gymnastics apparatus for suggestion purposes only. All skills and progressions in the syllabus can be developed in different gymnastics environments, and on various gymnastics apparatus and surfaces, if these have already been covered on either your UKCC (or equivalent) or Preschool qualification and have been appropriately risk assessed.

Table 1 – Skills and progressions

Apparatus	Skills	Progressions	
Floor	Shapes and positions	Straight	Variations (e.g. sit, stand, jump, hanging)
		Tuck	
		Pike	
		Straddle	
		Squat	
		Front support	
		Back support	
		Arch	
		Dish	
		Landing	
	Balance	Static balances	One-foot balances, and two-, three-, and four-point balances
		Dynamic balance	Leg lifts
	Locomotion	Crawl on hands and knees	Variations (e.g. over or under)
		Walk	Variations (e.g. flat feet or on toes)
		Jump	Variations (e.g. from two feet to two feet or one foot to two feet)
		Hop	Variations (e.g. height or length)
		Skip	Variations (e.g. position of leg)
		Run	Variations (e.g. direction or speed)

Apparatus	Skills	Progressions	
Floor (cont.)	Locomotion (cont.)	Rebound	Variations (e.g. on different surfaces or over obstacles)
		Chasse	Variations (e.g. same leg or swapping legs)
		Leap	Variations (e.g. split leap or cat leap)
		Turning & Spinning	Up to ¼ turn with both feet in contact with the floor
	Up to ½ turn with one-foot contact		
	Up to ½ turn if jumping (not off a platform)		
	Rolling	Forwards roll	Forwards roll
			Rock and roll in tuck
			Rock and roll to stand
			Dumper truck
			Straddle stand
		Forwards roll down an incline (finishing with hips higher than feet)	
		Backwards roll	Backwards roll
			Rock and roll, placing hands for backwards roll
			Dropping bean bag behind head
			Backwards roll down an incline
	Log roll		
	Egg roll		
	Weight-on hands	Handstand	Handstand
			Weight on hands with angle at hips
			Handstand using an incline
		Cartwheel	Cartwheel
			Tick-Tocking
Cartwheel on end of a bench			
Levers or support	Both feet or one foot in contact with the floor in Pike shape		

Apparatus	Skills		Progressions
Vault	Locomotion	Landing	
		Hurdle steps	
		Jumping off raised surfaces and landing	
	Weight-on hands	Squat on	
		Straddle on	
Bars	Locomotion	Landing	
	Locomotion and Weight-through and -on hands	Hanging	Variations in shape (e.g. straight, star, tuck, pike, straddle)
			Travelling (e.g. sideways or monkey swings)
		Jump to catch	From the floor
			From a platform
		Swing and regrasp	
		Front support on the bar	
		Circle up to front support on the bar	
		From front support, circle down to stand	
		Rear cast dismount	
		Supported back hip circle	
		Inversion	

Apparatus	Skills		Progressions
Beam	Mounting	Seal pull	
	Balance	Static balance	One-foot balances
			Two, three, and four-point balances
	Balance	Dynamic balance	Dip steps
			Leg lifts
	Locomotion	Walking	Bar for balance
			Walking on toes
			Variations on direction
			Variations on level
		Turning	On flat feet & Toes
		Dip steps	
		Leg lifts	
	Jumping	Off the middle and end of beam	
Along the beam			
Rolling	Forward roll on padded, low beam or bench		
Rebound equipment	Locomotion	Two footed jumps	On trampoline*
			On fast track
		Jumping from a raised surface onto a trampette	

* Trampoline is an acceptable surface to use with preschool children to develop jumping, only if you have covered trampoline in your UKCC (or equivalent) or Preschool qualification. When using the trampoline there should always be a spotter on the floor either side of the trampoline for best safe support practice.

The above captures the most common skills and progressions found in preschool gymnastics. There may be other positions, progressions or skills that do not appear here which require the same physical and psychological demand from a preschool child. You are encouraged to use the syllabus as a guide, and if selecting activities that do not explicit appear above you must ensure you follow the guidance on Activity Selection found with the Prohibited Skills List.

Prohibited Skills List

You are advised there are skills which you may be qualified to teach in other gymnastics disciplines which are not appropriate for preschool children. These skills are summarised below in Table 2.

Any coach practising skills, movements or progressions, which are included in the Prohibited Skills List, with preschool children will be deemed to be operating outside their accredited syllabus. As a consequence, the skill would not be deemed to be a recognised activity within a recognised environment and any insurance cover would be rendered void.

Table 2 - Prohibited Skills List

Floor	Vault
½ turn jump off raised platform	Handspring flat back
Headstand	
Bridge	Bars
Splits	Swing ½
Shoulder roll	Squat, straddle, pike on
One-handed cartwheel	Undershoot
Forwards and backwards walkover	Cast towards handstand
Round-off	
Handspring	Beam
Salto	WAG skills (except if on Preschool syllabus)
Straddle Jump	
Cossack Jump	Additional apparatus
¼ Spin	MAG specific P-bars, pommel, rings skills
Full Straddle and Pike lever	
Planche	Hand apparatus
AERO Group A – except Box push up	Clubs
AERO Group B – except one leg lifted support	
AERO Group C – except if on Preschool syllabus	Rebound apparatus
AERO Group D – except if on Preschool syllabus	Body landings

Activity selection

When selecting activities, you must ensure:

- The activity does not appear on the Prohibited Skills List
- You are familiar with the specific apparatus coaching and safety considerations
- You risk assess the environment, apparatus and equipment set-up to ensure they are safe
- The child is appropriately prepared physical and psychologically
- You follow guidance on safe supports

If you are unsure whether an activity is appropriate you should always check by asking a suitably qualified mentor or colleague, or by emailing coaching@british-gymnastics.org