

TeamGym Level 1 (Cycle 6) Syllabus

Fitness and Well-being – Physical Preparation:

Warm up
Flexibility training
Basic conditioning
Introduction to basic skills
Trampoline skills: safety, erecting and dismantling, take-off and landing

Introducing Basic Skills:

Jumps and leaps
Stretched jump
Split leap
Pirouettes
Run and take off from a springboard

Tumbling Skills:

Back flic
Handspring
Backwards somersault preps using rebound

Tumbling Skills continued:

Round off
Linking cartwheel $\frac{1}{4}$ turn into back flic

Trampoline Skills:

Approach and arm action
Landing drills
Straight jump
Tucked jump
Star jump
Straight jump 180° and 360°
Straddle jump
Forwards roll onto stack mats
Landing drills
Forwards somersault preps using rebound
 $\frac{3}{4}$ somersault to back lie

Trampoline Vault Skills:

Approach and arm action
Landing drills

Trampoline Vault Skills continued:

Squat on and jump off
Through vault
Jump to handstand to back landing on stacked mats

Floor Skills:

Good posture
Jumps and leaps
Forwards and backwards roll
Handstand forwards roll
Headstand (tucked, stretched); v-sit; single leg balances, arabesque, spider balance, half lever
Cartwheel with $\frac{1}{4}$ turn inwards
Bridge, japana and splits
Round off
Forwards walkover
Backwards walkover
Working together in a group