

TeamGym Level 2 (Cycle 6) Syllabus

Tumble Skills:

Handspring
Handspring - handspring
Flyspring
Forwards somersault tuck, pike
Forwards somersault walkout
Handspring forwards somersault
Back flic
R/O flic (s)
Backwards somersault tuck and straight
Backwards somersault straight 180°
R/O flic backwards somersault
Streaming

Trampette Skills:

Approach, take off and landing drills
 $\frac{3}{4}$ forwards somersault to back lie on stack of mats
Forwards somersault tuck, pike, straight
Forwards somersault straight with 180° twist
Streaming
Basic skills and progressions using the trampoline

Trampette Vault Skills:

Handspring
Half turn on
Half turn on - half turn off
Half turn on 360° turn off
Handspring half turn off
Handspring 360° preps

Floor Skills:

Good posture
Jumps and leaps: split leap, split leap with 90° turn, stag leap, straddle jump and with 90° turn, sissone, cat leap 180° and 360°, stretch jump 360°, tuck jump 360°, W jump
Pirouettes: 360° spins forwards and backwards with different leg positions
Balances: bridge with one leg lifted, Y Balance, one leg balances with leg at or above horizontal, arabesque, handstand held for 2 seconds
Strength: straddle hold, straddle hold in L position
Acrobatic: round off, back flic, handspring
Working together – combining dance and skills from the syllabus