

Women's Artistic Level 1 (Cycle 6) Syllabus

Fitness and Well-Being – Physical Preparation:

Warm up
Flexibility training
Basic conditioning
Additional conditioning exercises

Floor Skills:

Developing key skills

- Bridge
- Straddle stand
- V-sit
- Straddle V-sit
- ½ lever
- Tucked Russian lever
- Tucked top planche
- Side splits
- Single leg balances – Y balance and arabesque
- Headstand tucked and stretched

Floor Skills continued:

Rolls

- Forwards roll
- Backwards roll
- Roll to straddle stand
- Piked rolls

Handstand

Handstand forwards roll

Cartwheel

Cartwheel ¼ turn in

Round off (in prep for the R/O flic)

Hurdle step

Handstand bridge to stand

Forwards and backwards walkovers

Jumps

- Straight jump
- Tuck jump
- Star and straddle shaped jumps
- Straight jump with ½ and 1/1 turn
- Using the trampette and spring board for teaching jumps
- Learning how to fall

Vault Skills:

Run up
Take off hurdle step and jump from the board
Landing drills
Squat vault
Handspring to flatback

Asymmetrical Bars Skills:

Introducing bars to beginners

Grasping the bar

Straight hang

Back hang

Learning to swing

Swing on high bar

Work in gloves and loops

Swing and ½ turn

Dismounting from the high bar

Upward circle

Cast to land on the floor

Cast to backwards hip circle

Cast towards handstand

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Beam

Adaptation of Feet and Hands on Beam

Skills

- Walks
- Runs
- Pivot turns
- Changing levels

Jumps and leaps

- Stretched, tucked and star jump
- Split leap for beam and floor

Spending time on beam

- Simple balances
- Splits on beam
- Jumps along the beam
- Conditioning on beam

Introduction to Dance:

Pliés

Tendues

Arm positions

**Trampoline can be used as a training aid to develop any skill on the syllabus.*