

Women's Artistic Level 2 (Cycle 6) Syllabus

Dance and choreography:

Head, foot and arm positions, and good posture in classical dance

Ballet barre elements including: demi plie, full plie, battement tendu and grande battement

Dance elements including: chasse, split leaps and pirouettes/turns

Vault skills:

Run up and take off, landing drills

$\frac{3}{4}$ somersault to back onto a safe landing

Handspring to back lie and handspring vault

Jumps and landings from platforms of varying height, taking due care and attention of the age and stage of development of the participants. Jumps to include previously learned body shapes moving forwards and backwards

Bar skills:

Low bar skills: Clear hip circle backwards; clear hip circle to float; short and float upstarts; upstart to handstand; cast to handstand in undergrasp and overgrasp; stoop and straddle sole circle

High bar skills: Various types of handgrip; body shaping (arch to dish); traversing along the bar; cast from hang into basic swing (trolley swing); correct dismounting technique; recovery skills

Transitions: Squat on low bar jump to hang/ swing on high bar

Polished bar skills: Shaped swings with amplitude towards the vertical and supported swings passing over the bar in gloves and loops; forwards and backwards giants in gloves and loops

Dismounts: Undershoot from front support; undershoot from straddle/stoop on

Beam skills:

Adaptations for hands, feet and transferring skills from floor to beam:

Walk runs and pivots

Changing level: from sit to stand, astride sit, swing to squat on

Handstand on beam - cross and side positions

Basic skills on beam, cartwheel, forwards and backwards walkovers, lunge shape for landing

$\frac{3}{4}$ turn to backwards somersault dismount

Floor skills:

Static elements and advanced levers:

russian lever; top planche. Development of sideways/forwards splits and japana; japana through side splits to front prone lying

Handstands: Straddle lift to handstand; backwards roll to front support; backwards roll to handstand with straight arms

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Floor skills continued:

Dynamic movements: Flighted forwards roll, headspring, handspring; flyspring and combinations of these skills, free cartwheel – free walkover, flic, round off, running forwards somersault tucked, round off flic, backwards somersault tucked

Physical Preparation: As a pre-requisite to the elements listed above

Jumps and leaps for beam and floor skills:

Split leap
Stretched jump with turn leading to 2/1 turn
Split, stag, tuck, 1/1 straddle and W jumps
Straddle jump with 1/1 turn
Sissone
Up to 1/1 spins
Arabesque
Using lines to aid dance and basic element training
Using beam to develop balance
Correct body alignment

Rebound:

The safe use of the rebound situation as an aid to teaching gymnastics elements listed in the syllabus.

The level 2 coach must demonstrate proficiency in the following topics:

Safety: in the erection, use, dismantling and storing of rebound equipment including the trampette and trampoline. Safety in the use of elastic rebound equipment, including fast track, air track, trampette and trampoline as an aid to teaching gymnastics skills within the syllabus

Trampoline: introduction to correct techniques for front drop; seat drop; back drop; jumps with half and full turn and combinations of these skills as core elements for the teaching of gymnastic elements

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