



# Step Forward Plan



## Online and Outdoor Activity Skills List

Version 3 - 18/03/2021

Working together  
for a safe return  
to gymnastics

British  
Gymnastics

 ENGLISH  
GYMNASTICS

GYMNASTICS  NORTHERN  
IRELAND

 Scottish  
Gymnastics

Welsh  
Gymnastics  Gymnasteg  
Cymru

## Introduction

This document outlines all the skills covered in the British Gymnastics Core Proficiency Awards 8-1 and highlights which skills can be completed at home and in outdoor sessions.

### Insured at home and outdoor activity:

The permissible insured activity for 'at home' and outdoor sessions is limited to British Gymnastics endorsed programmes:

- GymFIT
- Jump into Gymnastics
- Core Proficiency Awards (specifically those made available during lockdown)
- FUNdamentals
- Activities centred around fitness, conditioning, and flexibility

Information on these products can be found here: <https://www.british-gymnastics.org/step-forward/programmes/gymnasts-at-home-activities>

### Core Proficiency Award skills

The table below outlines all the skills covered in Core Proficiency Awards 8-1 and some additional skills which have been deemed safe and appropriate to be delivered during online and/or outdoor sessions. These have been split into four delivery types:

**Parent or carer supervised training:** Pre-planned or pre-recorded programmes/sessions which are completed by gymnasts under direct supervision of a parent or carer.

**Online live supervised sessions:** Training which is completed by gymnasts under direct supervision of a coach/instructor.

**Online live supervised sessions with competency:** As above, however the coach/instructor must be confident that the gymnast has shown competency in performing the identified skills previously within a gymnastics environment.

**Outdoor Sessions:** Coach lead gymnastics activity which takes place outdoors. The variables of the environment will determine which skills are appropriate for the session.

### Prohibited Skills:

- Flighted skills, with or without use of home equipment (mats/air track/trampoline) e.g., aerials, flicks, handsprings, whips, somersaults.
- Any skills which require large apparatus i.e., Bars, Beam, Trampettes, Pommel/Mushroom, pedestals.
- Progressions of skills that require apparatus or additional matting e.g., Rolling down an incline, handstand using apparatus.
- Any skill not in the Online and Outdoor Activity Skills List.

## Outdoor Activity:

Outdoor sessions require the use of sufficient matting, the approved outdoor activity skills list is based on all outdoor skills taking place on a safely matted surface.

Outdoor sessions involve a greater number of variables that increase the risk of the activity. Controlling and mitigating those risk factors is key in delivering safe activity. A thorough Risk Assessment of the environment and activity should take place before each session, which is clearly communicated with staff and members. A sample risk assessment form is available [here](#) for support with the preparation and decision making for outdoor activity.

All skills must be performed individually with social distancing in place unless following the Team Sport Framework and the relevant controls have been adopted as outlined in the action plan. Gymnasts from the same household may perform partner work.

The Return to Coach Contact is not permitted to be used for outdoor activity (England only).

## Further Information:

Online Activity Sessions Guidance - <https://www.british-gymnastics.org/step-forward/programmes/online-activity-sessions-guidance>

Outdoor Activity Guidance - <https://www.british-gymnastics.org/step-forward/programmes/outdoor-activity-guidance>

## Badge 8

Skills	Parent/carer supervised training	Online live supervised sessions	Online live supervised sessions with competency	Outdoor Sessions
Run on the spot for 30 seconds	✓	✓	✓	✓
Fun gym shapes – sit in tuck, pike, straddle, stand with tall stretch and star	✓	✓	✓	✓
Front and back support	✓	✓	✓	✓
Jump in and out of a hoop	✓	✓	✓	✓
Transfer weight from one foot to another	✓	✓	✓	✓
From crouch, bunny jump	✓	✓	✓	✓
Rock backwards and forwards	✓	✓	✓	✓
Matched and mirrored sequence of arm position*	✓	✓	✓	✓
Explore patterns using ribbons or scarves	✓	✓	✓	✓
Walk forwards along a bench on tip toes **	✓	✓	✓	✓

*\*Social Distancing must be adhered to unless following the Team Sport Framework or gymnasts are from the same household.*

*\*\*Large equipment should not be used to complete the skill. A rope or a line can be used instead.*

## Badge 7

Skills	Parent/carer supervised training	Online live supervised sessions	Online live supervised sessions with competency	Outdoor Sessions
Run freely for 45 seconds	✓	✓	✓	✓
Bent leg dish	✓	✓	✓	✓
Back support raising 1 leg at a time towards the vertical	✓	✓	✓	✓
Stand and jump to safe landing	✓	✓	✓	✓
1 foot balance on bench or box top **	✓	✓	✓	✓
From front support jump in and up	✓	✓	✓	✓
Rock backwards and forwards in pike and straddle	✓	✓	✓	✓
Front and back support, lower to the floor with control	✓	✓	✓	✓
Bounce and catch a ball 3 times	✓	✓	✓	✓
Walk forwards along a bench, full turn in the middle **	✓	✓	✓	✓

*\*\* Large equipment should not be used to complete the skill. A rope or a line can be used instead.*

## Badge 6

Skills	Parent/carer supervised training	Online live supervised sessions	Online live supervised sessions with competency	Outdoor Sessions
Follow the leader in pairs using different actions for 1 minute*	✓	✓	✓	✓
Dish and arch	✓	✓	✓	✓
Press up forwards and backwards	✓	✓	✓	✓
Hop jump, hop jump along the floor	✓	✓	✓	✓
Pike V Sit with hand support	✓	✓	✓	✓
Travelling bunny jumps	✓	✓	✓	✓
Rock backwards and forwards tucked to stand	✓	✓	✓	✓
Side support on 1 arm, turn slowly to the other	✓	✓	✓	✓
With a partner roll and catch a ball or hoop*	✓	✓	✓	✓
Walk backwards along a bench, and full turn in the middle **	✓	✓	✓	✓

*\*Social Distancing must be adhered to unless following the Team Sport Framework or gymnasts are from the same household.*

*\*\*Large equipment should not be used to complete the skill. A rope or a line can be used instead.*

## Badge 5

Skills	Parent/carer supervised training	Online live supervised sessions	Online live supervised sessions with competency	Outdoor Activity
Leap from 1 foot to the other	✓	✓	✓	✓
Japana to 45 degrees	✓	✓	✓	✓
Moving sideways from dish to arch	✓	✓	✓	✓
Hop step and jump	✓	✓	✓	✓
T Balance	✓	✓	✓	✓
Bunny jumps over a bench side to side **	✓	✓	✓	✓
Tuck forward roll down an incline	✗	✗	✗	✗
Front support with a partner*	✓	✓	✓	✓
Roll a ball or hoop, travel at its side and pick it up	✓	✓	✓	✓
Run hurdle step and 2 footed rebound jump	✓	✓	✓	✓

*\*Social Distancing must be adhered to unless following the Team Sport Framework or gymnasts are from the same household.*

*\*\*Large equipment should not be used to complete the skill. A rope or a line can be used instead.*

## Badge 4

Skills	Parent/carer supervised training	Online live supervised sessions	Online live supervised sessions with competency	Outdoor Sessions
Skip for 30 seconds	✓	✓	✓	✓
Low lunges with both legs – forwards & sideways	✓	✓	✓	✓
Shoulder stand with hips supported	✓	✓	✓	✓
Cat leaps, 2 times, each leg	✓	✓	✓	✓
Frog balance	✓	✓	✓	✓
Straddle bunny jumps across a bench side to side**	✓	✓	✓	✓
Tucked backward roll down an incline	✗	✗	✗	✗
Chassis step with arm swing, facing partner*	✓	✓	✓	✓
Hula hooping	✓	✓	✓	✓
From box top – star jump to safe landing	✗	✗	✗	✗

*\*Social Distancing must be adhered to unless following the Team Sport Framework or gymnasts are from the same household.*

*\*\*Large equipment should not be used to complete the skill. A rope or a line can be used instead.*



## Badge 3

Skills	Parent/carer supervised training	Online live supervised sessions	Online live supervised sessions with competency	Outdoor Sessions
Skip for 45 seconds	✓	✓	✓	✓
Japana flat	✓	✓	✓	✓
Headstand with knees bent and lower to frog	✗	✗	✓	✓
Tuck jump	✓	✓	✓	✓
Headstand with knees bent	✗	✗	✓	✓
Cartwheel	✗	✗	✓	✓
Forward roll	✗	✗	✓	✓
Teddy bear roll - back to back with a partner*	✓	✓	✓	✓
Throw jump and catch hand apparatus	✓	✓	✓	✓
Squat on box top and stretch jump off	✗	✗	✗	✗

*\*Social Distancing must be adhered to unless following the Team Sport Framework or gymnasts are from the same household.*

## Badge 2

Skills	Parent/carer supervised training	Online live supervised sessions	Online live supervised sessions with competency	Outdoor Sessions
Shuttle runs	✓	✓	✓	✓
Bridge	✗	✓	✓	✓
Half level with 1 foot only raised – change legs	✓	✓	✓	✓
Jump half turn	✗	✓	✓	✓
Headstand	✗	✗	✓	✓
Backwards roll	✗	✗	✓	✓
Counterbalance *	✗	✓	✓	✓
Single knee balance, throw and catch hand apparatus	✓	✓	✓	✓
Squat on box top and tuck jump off	✗	✗	✗	✗
Cartwheel quarter turn off bench	✗	✗	✗	✗

*\*Social Distancing must be adhered to unless following the Team Sport Framework or gymnasts are from the same household.*

## Badge 1

Skills	Parent/carer supervised training	Online live supervised sessions	Online live supervised sessions with competency	Outdoor Sessions
10 shuttle runs	✓	✓	✓	✓
Front splits or side splits	✓	✓	✓	✓
Half lever or straddled half lever	✗	✓	✓	✓
Jump full turn	✗	✓	✓	✓
Moving toward handstand using apparatus	✗	✗	✗	✗
Change leg handstand	✗	✗	✓	✓
Handstand forward roll ****	✗	✗	✗	✓
Matched and mirrored sequence – to include roll, jump and balance*/***	✗	✓	✓	✓
Throw hand apparatus, perform a leap, catch and perform a balance	✗	✓	✓	✓
Straddle on box top and straddle jump off	✗	✗	✗	✗

*\*Social Distancing must be adhered to unless following the Team Sport Framework or gymnasts are from the same household.*

*\*\*\* Skills in the sequence must be skills that are within the Online and Outdoor Activity Skills List.*

*\*\*\*\* If already competent at performing the skill.*

Below is a list of additional skills that have been considered. These skills do not sit within the British Gymnastics Core Proficiency Award Scheme.

Additional Skills				
Skills	Parent/carer supervised training	Online live supervised sessions	Online live supervised sessions with competency	Outdoor Sessions
Walk backwards on tip toes, full turn, and continue to walk backward (could be done on a line or extended rope)	✓	✓	✓	✓
Handstand	✗	✗	✓	✓
Sequences including rolls, jumps and balances ***	✗	✗	✓	✓

\*\*\* Skills in the sequence must be skills that are within the Online and Outdoor Activity Skills List.

## Hand Apparatus list

### Approved hand apparatus for use at home and within outdoor sessions:

- Bean Bags
- Hoops
- Skipping ropes
- Quoits
- Balls
- Ribbons
- Clubs (specific to Rhythmic Gymnastics activities)
- Tap sticks
- Feathers
- Scarves
- Resistance bands
- Any handheld strength and conditioning apparatus *specific to body weight conditioning*

### Prohibited hand apparatus:

- Dumbbells
- Barbells
- Kettlebells
- Medicine Balls
- Any other free-weight plates