



Rose Group

Working at Zinc level skills



Vault	Bars	Beam	Floor
Handstand flatback on block and mats -90cms	High casts, then into backhip circles	2 different dance elements	2 different leaps- 1 with 180 split
Handspring over block	Back hip circle joined into squat on	Stretch jump, tuck jumps, joining together, sissone, w jump, 1/2 turn jump	Different jump shapes- tuck, star, split, pike, straddle, 1/2 turn, full turn, tuck 1/2, tuck full
1/2 on to stand on block and mats -90cms	Float swings, upstarts, joining upstart into casts, upstarts joined together	180 split- jump or leap	Round off flic, round off flic tuckback, straight backs
Handspring over t-trainer and table	Long upstarts, joining long upstart into straddle undershoot	1/2 spin and full spins	Handsprings with straight legs
1/2 on over t-trainer and table	Front hip circles, front hip circles from upstart	Cartwheel, backward roll, backward walkover, flics, round offs	Front somersaults, front to backs
1/2 on 1/2 off	Clear hips, sole circles, straddle circles	Cartwheel stretch jumps, cartwheel tuckbacks	Handspring fronts
Tsuk over t-trainer	Cast to handstands, pike undershoot, straddle undershoot with 1/2 turn,	Split handstand backward walkover, backward walkover backward walkover, cartwheel round off, split handstand flic	Backward roll with straight arms to various shapes-pike, straddle, front support, to handstand
	5 element bar routine with no stops		Backward walkover, forward walkover, tic toc, handstand forward roll with straight arms, handstand to bridge with straight legs

Working towards first grade- Preparation 1

Vault	Bars	Beam	Floor	R & C
Run jump stretch jump onto 60cm block- one step into handspring flatback on level mats	Assisted by coach- Jump to catch high bar, reverse chin	Mount- Front support	Cat leap, scissor leap	Forward roll to sit in straddle, lift to straddle lever (hold)
	Half turn, 2x leg lifts	Stretch jump, stretch jump- no arm swing in the middle	Tic-toc	Japana (hold) Swim through then push up to front support (hold)
	Chin, circle over, circle forwards to chin up position, lower to hang	Spin prep on flat foot, 1/2 turn on two feet in relevé	Full spin	First leg splits 1/2 turn into second leg splits, back leg round then pike fold (hold)
	Dish hold, arch hold, 2 fish kicks.	Kick towards handstand	Handstand forward roll with straight arms	Lie back and push up to bridge (hold) Lift one leg to vertical and kickover
		Arabesque	Cartwheel into backward roll to pike stand	Lift one leg to horizontal and single leg squat
		Dismount- run jump stretch jump off two feet	Split jump	Lift other leg to horizontal and single leg squat

Working at Tin level skills

Vault	Bars	Beam	Floor
Handstand flatback over 60cm	Circle up, back hip circle, squat on jump off-joined together	2 different dance elements	2 different leaps- no split required
Handstand flatback over 90cm	Circle up, back hip circle, straddle undershoot -joined together	Spin preps and 1/2 spins	Round off, round off flic, handspring
Stretch jump onto table vault	Float swings	Leap or jump with 180 split	Backward roll with straight arms to various shapes-pike, straddle, front support
Stretch jump onto table vault, handspring off	Trolley swings-regrasping	Backwards roll, backward walkover, handstand, cartwheel	Backward walkover, forward walkover, handstand forward roll with straight arms, handstand to bridge with straight legs
Handspring over block vault	Supported jump to catches, beautiful high casts, backhip circles with straight arms	Dismounts- round off, handspring, cartwheel stretch jump	Split leaps, different jump shapes-tuck, star, split, pike, straddle.



Berry Group



Working on basics and having fun

Vault	Bars	Beam	Floor
Run up	Chin ups and leg lifts	Mount- jump to from support	Floor lines- beautiful basics, walking on tip toes forwards and backwards, jumping, kicks, skipping, bunny hops, chasse, spin preps
Jumping on the springboard with two feet	Circle up, circle down	Beam complex- learning to be confident on the beam	Forward rolls, handstands, cartwheels
Stretch jump off the springboard onto a mat	Cast shapes on floor, handstand bar and casts on low bar	Different jump shapes off the beam, landing and finish shapes	Backward rolls down slopes then on the floor
Stretch/tuck jump onto a block	Swinging on the low bar- regrasping	Forward rolls, backward rolls	Different jump shapes, landings and finishes
Squat on	Backhip circles- support	Kick towards handstands, Handstands and Cartwheels	Dish & Arch shapes, front support, back support, handstand shape, straddle lever, pike lever
Straddle on	Climb on and jump off	Stretch jump and tuck jumps on the beam	1/2 turns on two feet, spin preps, 1/2 spins
		1/2 turn on two feet, spin prep on flat feet, spin prep on tip toes	



Cerise Group



Working Bronze and Silver level skills

16.5 hours

Vault	Bars	Beam	Floor
Tuck Tsuk	Close bar element to handstand- clear/toe on	2 different dance elements with 180 split	2 different dance elements with 180 split
Pike Tsuk	Cast to handstand, Giants, Giants into dismounts	Spins- full, 1 1/2, crouch	Handspring front, straight front, handspring straight front, twisting forwards.
Yurchenko turned over t-trainer	Straight backaway	Tuckback, aerial, side somersault	
Yurchenko prep over vault	Element in a different grip, forward giant/pike forward sole circle/straddle sole circle	Backward walkover flic, flic flic, flic layout, flic tuck back	Round off flic straight back, twisting backwards
Yurchenko turned over table	Upstart handstand on high and low	Cartwheel tuck back, cartwheel straight back, Round off tuck back, straight back, twisting, straight front	Front to back, straight front walkout, full twisting walkout
Tucked Yurchenko	Mo	Change legs, change leg 1/2, change legs in series	Leaps and jumps- change legs, 1/4, 1/2, split 1/2, Full, straddle 1/2, full. 180 split in leaps and jumps
Pike Yurchenko	Twisting back away	Straddle jumps, split jumps sideways on beam, turning jumps	Double backs tuck/pike
Handspring front over t-trainer	Clear to handstand/toe on with half turn		Double spins, leg up spins, crouch spins
Handspring front over table	Upstart handstand half turn, Swing half, blind turn		

11 hours

Vault	Bars	Beam	Floor
Stretch jump onto table- handspring off	Double bar routine	Backward walkover, flics, forward walkovers	Handspring with straight legs
Handstand flat back over 90cm	Beautiful high casts, cast to handstands	Cartwheel stretch jumps, Cartwheel tuckbacks, front somersaults	Front somersaults, Straight fronts, Handspring fronts

Half on to stand on 90cm	Float swings, Upstarts, long upstarts, upstart joining into high cast/straddle undershoot	Various jumps and leaps-tuck jumps, stretch jumps, 1/2 turn jumps. 180 splits in leaps & Jumps-split jumps, split leap, sissones	Round off flic tuckbacks, Front to backs
Handspring over t-trainer	Trolley swing into a series of swings	Round off stretch jumps	Various leaps and jumps 180 split in leaps & Jumps Split leaps, change legs
Half on over t-trainer	Cast away 3/4 giant	Backward walkover flics, split handstand flics	Backward roll to various shapes with straight arms-front support, handstand
Handspring to stand on block	Swings on shiny bar	1/2 spins and full spins	Full spins
Handspring over table with support	Layaways and backaways		
Handspring over table			

Working Copper and bronze level skills

14.5 hours

Vault	Bars	Beam	Floor
Half on half off over table	Clears to 45 and above	Flics, split handstand flics, backward walkover flics, flic flics	Dance series with 180 split
Half on full off over table	Sole circle	Full spins, 1 1/2, double and crouch spins	Double spins, leg at horizontal spin & crouch spins
Tsuk over t trainer	Cast to handstand and upstart handstands	180 leap series	Handspring front, front to back, handspring straight front
Pike tsuk over t trainer	Giants on shiny and single chalk bar	Change legs, change leg series	Round off flic tuckbacks, straight backs, backward twisting
Yurchenko prep over t trainer	Forward sole circles, pike and straddle	Jumps, split, split 1/2, straddle, on side	Change & split 1/4, 1/2 and 1/1
Yurchenko turned over t trainer	Backaways, tuck and straight	Cartwheel tuckbacks, round off stretch jumps, round off tuckbacks, cartwheel straight backs, round off straight backs	Straight front, straight front punch front, forwards twisting
Tucked tsuk over table	Clear to handstand/Toe on toe off on shiny bar	Tuckbacks and Ariels	
Pike tsuk over table	Giants between bars		
Yurchenko to stand on table			

11 hours

Vault	Bars	Beam	Floor
Stretch jump onto table-handspring off	Float swings	Cartwheel, backward walkover, split handstand backward walkover, forward walkover	Handsprings with straight leg
Handstand flat back over 90cm	Jump to catch 3/4 giant	Flics, split handstand flics	Front somis
Half on to stand on 90cm	Straddle undershoot	Cartwheel stretch jumps, cartwheel tuck back, front somi dismounts	Round off flics, round off flics tuckbacks
Handspring over t-trainer	Double bar routine	1/2 spins and full spins	Front somi walkouts, handspring

Half on over t-trainer	Cast away 3/4 giant	Split jump, split leap & sissone 180	180 split series
Handspring to stand on block	Upstarts & joining into high casts, back hip circles and squat ons	180 leap series	Change legs, cat leap full turns
Handspring over table with support	Long upstarts & joining into straddle undershoots	Various other jumps and leaps	Backward rolls to f/support & handstand with straight arms
Handspring over table	Layaways		Straddle lever to handstand & pike lift to handstand
	High casts & cast to handstands		Round off flic flic from punch
	Trolley swings & swings on shiny		



Coral Junior



Working towards county grade skills and 3/4 piece competition rules

2 and 4 hours

Vault	Bars	Beam	Floor	Trampet
Run up	Chin ups and Leg lifts	Basic complex- concentrate on relevé and presentation	Basic Floor Lines- concentrate on presentation	Stretch jumps
Stretch jump off the springboard	Circle up and Circle down	Stretch jumps, Tuck jumps, and joining them together	Stretch, Tuck, Star, Split, Straddle, 1/2 turn, full turn jumps	Tuck jumps
Squat on	Casts- Straight arms	Spin preps, 1/2 turns, 1/2 spins	Cat leap, cat leap 1/2, scissor leap, split leap, sissone, joining leaps together	Star jumps
Straddle on	Back hip circles	Front support mount	Forward rolls with straight arms, Backward roll with straight arms to different shapes- pike, straddle, front support	Straddle jumps
Handstand flatback	Dish shape, Arch shape, Fish kicks, Swings	Squat on and Straddle on	Handstand, handstand forward roll with straight arms, handstand to bridge	Pike jumps
Squat through	Squat on	Run jump stretch jump off the beam, Round off	Headstand, frog balance, V-sit, splits, bridge, levers	1/2 turn jump
Straddle over	Back hip circle joined into squat on jump off	V-sit, Y-balance, Front arabesque, Arabesque	Cartwheel, 1 handed cartwheel, round off	Full turn jump
	Float swings	Split jump	Bridge kickover, backward walkover, tic-toc, forward walkover	Front somersault
		Forward roll	Straddle and pike lever	
		Handstand		
		Cartwheel		

Working towards county grade skills and 3/4 piece competition rules

2 and 4 hours

Vault	Bars	Beam	Floor	Trampet
Handstand flatback	High cast into back hip circle	Basic complex- concentrate on relevé and presentation	Basic Floor Lines- concentrate on presentation	Stretch jumps
Squat through	Float swings	Stretch jumps, Tuck jumps, and joining them together, split jumps, sissone, split leap, w jump	Stretch, Tuck, Star, Split, Straddle, 1/2 turn, full turn jumps	Tuck jumps
Straddle over	Trolley swings	Spin preps, 1/2 spins, full spins, crouch spin	Cat leap, cat leap 1/2, cat leap full, scissor leap, split leap, change leg, sissone, joining leaps together	Star jumps
Handspring over block	Squat on	Squat on, straddle on mount	Forward rolls with straight arms, Backward roll with straight arms to different shapes- pike, straddle, front support	Straddle jumps
Handspring over t-trainer	Backhip circle joined into squat on	Handstand, split handstand, cartwheel, backward walkover, flic	Handstand, handstand forward roll with straight arms, handstand to bridge	Pike jumps
Handspring over table	Jump to catch	Round off, handspring, front somersault, tuck back dismounts	Backward walkover, Forward walkover, 1 handed cartwheel	1/2 turn jump
Half on over block	Straddle undershoot, Pike undershoot	V-sit, Y-balance, Front arabesque, Arabesque	Round off, flics, round off flics, tuckbacks and straight backs	Full turn jump
Half on over t-trainer	3/4 giants from jump to catch		Handspring, front somersault, front somersault walkout, handspring front somersault	Front somersault
Half on over table	3/4 giant front cast		Straight fronts into pit	Pike somersault
Half on half off	Upstart		Aerial	Straight front
	5 element bar routine with no stops		Elephant lifts	Forwards twisting
	Sole circles			

