

5-6 YEARS OLD (School year 0 - 2)

GYMNASTICS ROUTINES

FLOOR

1. Perform straight jump
2. Forward roll to sit in pike shape, legs together, arms straight above head
3. Reach forward and touch toes with legs straight
4. Roll back up to candle hold
5. Roll down to stand, legs together (hands off the floor when coming up to stand)
6. 4 marching steps (body straight and tight body tension, toes pointed)
7. Tuck jump
8. Finish by stepping forward and salute to judge.

VAULT

1. Run to beat board and perform a straight jump.
2. (Jump off one foot joining both feet together on the beat board.
3. Jump straight up with body in a straight line with arms up above the head
4. Land knees bent/back straight/arms forward
5. Hold landing position (2 secs)

What to look for: Fast run, arms coming from behind as they hit beat board.
Land and hold still

BAR

(Low bar) Start - Hanging directly under bar

1. Tuck knees up into chest
2. Lower legs in straight position slowly to the ground
3. Jump to bar and perform 1 tuck swing (knees up to chest)
4. (land back in start position)
5. Finish arms up in the air

POMMEL (Done on the floor)

1. From stand, squat down, place hands on the floor and jump feet backwards to front support position.
2. Hold front support for 2 seconds
3. Turn over to rear support and show rear support for 2 seconds
4. Turn over into front support (continuing in the same direction)
5. Jump feet in to squat position
6. Stand up with arms by sides.

TRAMPOLINE ROUTINES

YEAR 1 - 2

1. Bouncing x5, arm circles & STOP
2. Tuck Jump
3. Pike Jump
4. Straddle Jump
5. ½ Twist
6. Seat Drop

TRAMPOLINE OUTLINE

Every child will perform the trampoline routine as well as the Artistic routines. The Trampoline routine will be marked and awarded as a separate competition. The children can practice the routine at home on a trampoline however if they don't get an opportunity to practice beforehand they can practice on the day of the competition, during their warmup. The routines are very easy and are designed to be learned on the day and will be taught by our Trampoline coaches

7-8 YEARS OLD (School year 3 - 4)

GYMNASTICS ROUTINES

FLOOR

1. Jump to straddle stand (arms straight above head)
2. Forward roll to sit with arms straight above head
3. Reach forward to touch toes (hold for 2 secs) sit back up arms stretching up above head
4. Lower body back to lie flat with arms straight above head
5. Lift body up slightly to dish shape (hold 2 secs)
6. Roll over to tummy in dish shape
7. Bend arms and put hands on floor under shoulders, push up to front support
8. Jump feet up to hands
9. Stand
10. Immediately step into a cartwheel finishing sideways with feet joined together and arms above head (if child cannot cartwheel a dive roll can be used instead)
11. Step forward and salute to the judges (one arm raised)

VAULT

1. Run to beat board, perform a straight jump from a one foot take off and land on beat board with two feet
2. Jump with arms moving upwards and above head (straight body)
3. Land and hold position with arms in front

BAR (single bar)

1. Hang from the bar, tuck knees up to chest and hold for 2 seconds.
2. Release legs down and start swinging (Coach can gently push gymnast to start the swinging motion.)
3. Perform 2 swings forwards and backwards, concentrating on hand releases on each swing.
4. On the last swing backwards release the bar and land on the floor with arms straight above head

POMMEL (done on the floor)

1. From stand, squat down, place hands on the floor and jump feet backwards to front support position.
2. Execute 2 push ups with straight body
3. Turn over to rear support and show rear support for 2 seconds
4. Turn over into front support (continuing in the same direction)
5. Execute 2 push ups with straight body
6. Jump feet in to squat position
7. Stand up with arms by sides.

TRAMPOLINE ROUTINE

YEAR 3 - 4

1. Bouncing x5, arms straight and behind ears & Stop
2. Tuck Jump – (stage 2)
3. Pike Jump – (stage 2)
4. ½ twist – (stage 2)
5. Seat Drop ½ Twist
6. ½ Twist Seat Drop

TRAMPOLINE OUTLINE

Every child will perform the trampoline routine as well as the Artistic routines. The Trampoline routine will be marked and awarded as a separate competition. The children can practice the routine at home on a trampoline however if they don't get an opportunity to practice beforehand they can practice on the day of the competition, during their warmup. The routines are very easy and are designed to be learned on the day and will be taught by our Trampoline coaches

9-10 YEARS OLD (School year 5 – 6)

GYMNASTICS ROUTINES

FLOOR

1. Start with arms straight up by ears, feet together
2. Forward roll to squat position
3. Perform a tuck handstand returning feet to floor by hands
4. Put hands on floor and jump feet out to front support position
5. Perform 1 press-up (good straight body line)
6. Jump to squat then stand
7. Dive forward roll
8. Step into a cartwheel
9. Finish - step legs together and salute to the judge (one arm raised)

VAULT

Dive forward roll on to a crash mat. (From a fast run up to the beat board jump two feet together into a Dive Roll, rolling up to stand)

OR

Perform a straddle over or squat through vault (3-4 layer box top)

BAR (Single Bar)

1. Start from straight hanging shape
2. Perform 1 chin up (if able)
3. Straight away after chin ups perform 3 swings
4. (Coach may push gymnast gently to help start momentum going)
5. Swing forwards and backwards 3 times to land on back swing on floor

POMMEL (done on the floor)

1. Stand with arms straight above head, slowly bend knees and squat down
2. Jump feet out to front support
3. Push-ups x 3
4. Turn over to back support
5. Turn back to front support
6. Push-up x 2
7. Jump legs in to squat
8. Stand up with arms straight above head

TRAMPOLINE ROUTINE

YEAR 5 - 6

1. Bouncing x5, arms straight and by the side of the body
2. Tuck Jump – (stage 3)
3. Pike Jump – (stage 3)
4. Full twist
5. Seat Drop $\frac{1}{2}$ Twist to Seat Drop (swivel hips)
6. $\frac{1}{2}$ Twist Seat Drop $\frac{1}{2}$ Twist to Feet

TRAMPOLINE OUTLINE

Every child will perform the trampoline routine as well as the Artistic routines. The Trampoline routine will be marked and awarded as a separate competition. The children can practice the routine at home on a trampoline however if they don't get an opportunity to practice beforehand they can practice on the day of the competition, during their warmup. The routines are very easy and are designed to be learned on the day and will be taught by our Trampoline coaches