

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

GYMNASTICS ROUTINES

FLOOR

1. Jump to land in straddle (star jump shape)
2. Forward roll to sit in pike shape legs together arms straight above head
3. Reach forwards 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. Skip 6 times moving forwards (Knees high) last one land feet together
7. Step forward to finish.

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

BEAM (Low beam)

1. Stand on beam
2. Walk forward 4 steps lifting each leg up straight to 45 below horizontal (toes facing out and pointed)
3. Join feet together
4. Perform straight jump
5. Step into scale balance with leg behind at 45 degrees below horizontal
6. If not already at the end of the beam walk on tiptoes to the end (make sure arms are out the side to balance)
7. Join feet together
8. straight jump dismount.

BAR

(Low bar) Start - Hanging directly under bar

1. Tuck knees up into chest and hold 2 seconds
2. Lower legs in straight position slowly to the ground
3. Perform 1 glide swing on low bar extending legs out in front
4. Land on backward swing.
5. Finish arms up in the air

TRAMPOLINE ROUTINE

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. Straight jump (arms go up above head during jump)
2. Forward roll to pike shape arms straight above head
3. Reach forward to touch toes, arms straight above head
4. Roll backwards to candle position with hands under hips, (Feet should be pointing towards the ceiling and body should be straight)
5. Roll forwards out of candle and stand up without using hands
6. Step hop skips x 4 moving forward
7. 1 high kick step into a cartwheel (If child cannot cartwheel a cat leap can be used instead)
8. Perform a tuck jump and then star jump
9. Finish feet together arms up straight above head

VAULT

1. Run to beat board, and perform a straight jump from a 2 feet take off on the beatboard.
2. Jump with arms moving upwards and above head
3. Land and hold position with arms in front

BEAM

1. Start with arms out at horizontal
2. Four high kick steps (Legs aiming to reach horizontal)
3. Step forwards join feet (one behind the other) on toes with arms up above head
4. Perform 2 straight jumps
5. Perform an arabesque (scale balance) with shoulders up (not leaning forward) Hold 2 secs
6. Small run to the end of the beam and perform a straight jump or tuck jump dismount.

BAR

(Low bar) Start - Hanging directly under bar

1. Tuck knees up into chest (Hold for 3 seconds)
2. Bring legs slowly down to floor showing control.
3. Perform 2 glides from beat board showing dish position
4. Jump to low bar OR circle up
5. Do 2 casts on low bar
6. Circle over
7. Stand feet together to finish.

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. Body facing forward step into cartwheel OR cat-leap. (If can't do cartwheel)
3. With one or two running steps perform two stride leaps. (These are like split leaps but don't have to reach split position)
4. Bringing feet together perform forward roll into straddle shape
5. Reach forward as far as you can hands reaching out as far as possible.
6. Roll back into candle stick and roll to stand.
7. Jump half turn
8. With a few running steps perform a round-off. (If unable to do round off, do a small dive roll on floor)
9. Finish

VAULT

1. Dive forward roll on to a crash mat
(From a fast run up to the vault board jump two feet together into a dive roll)

BEAM

1. Jump to front support, swing leg over, sit on beam legs hanging either side. Lift up into straddle position and hold 2 seconds. Place hands on the beam, swing legs back onto the beam, stand up
2. Or
3. Squat on mount
4. Step hop x 4 with high knee lift
5. Join feet together (one foot in front of the other) rising on toes with arms above head in a ring position.
6. Half turn
7. Perform 2 connected straight jumps with no stop between them
8. Arabesque (hold for 2 seconds)
9. Walk to the end of the beam
10. Join feet together
Choice of 2 dismounts:
Straight jump or Straight jump half turn

BAR

1. Jump up onto low bar into front support shape
2. Hold shape for 2 seconds pushing up through arms
3. Lean forward and circle over the bar into tuck shape.
4. Stand and climb or be lifted up to high bar and perform 3 swings.
5. Land after the third swing (land on the back swing not on the forwards swing)
6. Finish

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 ½ Twist to Seat Drop (swivel hips)
6. ½ Twist Seat Drop ½ 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