

## Boys Gym Masters – Learning Criteria

<b>Apparatus</b>	<b>Skills required to achieve this level</b>
<b>Floor exercise</b>	<ul style="list-style-type: none"> <li>• Front Handspring</li> <li>• Dive Roll</li> <li>• Front somersault</li> <li>• Back Handspring</li> </ul>
<b>Pommel</b>	<ul style="list-style-type: none"> <li>• 2 circles</li> <li>• False scissor</li> <li>• One circle on pommel</li> </ul>
<b>Rings</b>	<ul style="list-style-type: none"> <li>• Swing back tuck dismount onto two 30cm mats</li> <li>• Dislocate</li> <li>• Inlocate</li> </ul>
<b>Vault</b>	<ul style="list-style-type: none"> <li>• Jump front layout</li> <li>• Round off</li> <li>• Handspring</li> </ul>
<b>P-Bars</b>	<ul style="list-style-type: none"> <li>• Swing to handstand dismount</li> <li>• Shoulder stand</li> </ul>
<b>High Bar</b>	<ul style="list-style-type: none"> <li>• Fly away</li> <li>• Back hip circle under shoot</li> <li>• Kip</li> </ul>
<b>Trampoline</b>	<ul style="list-style-type: none"> <li>• Round off back handspring</li> <li>• Front layout full twist</li> <li>• Roundoff back somersault on long tramp</li> </ul>
<b>Strength and Conditioning</b>	<ul style="list-style-type: none"> <li>• Dish hold 60 seconds turn over to Arch hold 60 seconds</li> <li>• Plank hold – 90 seconds</li> <li>• Push ups - 20</li> <li>• V-snaps - 20</li> <li>• Rope climb – full rope in scissors</li> <li>• Wall handstand – 90 seconds</li> </ul>