

Boys Gym Champs – Learning Criteria

Apparatus	Skills required to achieve this level
Floor Exercise	<ul style="list-style-type: none"> • Handstand forward roll • Cartwheel, cartwheel • Backward roll to front support • Round-off
Pommel	<ul style="list-style-type: none"> • One circle • Stride swings • 5 circles with bucket
Rings	<ul style="list-style-type: none"> • Support L hold • Muscle up • Skin the cat • Upside down pike hold cast out
Vault	<ul style="list-style-type: none"> • Run, handstand flatback • Jump to handstand on vault horse. • Jump Front somersault
P-Bars	<ul style="list-style-type: none"> • Under swings x 5 • Swing dismounts over the side • Forward roll
High Bar	<ul style="list-style-type: none"> • Swings x 5 • Cast back-hip circle • Rolls over the bar to L hold
Trampoline	<ul style="list-style-type: none"> • Front layout • Front handspring • Back somersault • Back Handspring
Strength and Conditioning	<ul style="list-style-type: none"> • Dish hold 45 seconds turn over to Arch hold 45 seconds • Plank hold – 60 seconds • Push ups - 15 • V-snaps - 15 • Rope climb – half way in scissors • Wall handstand – 60 seconds