

## Girls Gym Aces – Learning Criteria

Apparatus	Skills Required to achieve in this level
<b>Floor Exercise</b>	<ul style="list-style-type: none"> <li>• Round off</li> <li>• Front Handspring</li> <li>• Backward roll to front support</li> <li>• Back walkover</li> <li>• Split Leap</li> <li>• Full turn on one foot</li> <li>• Jump full turn</li> </ul>
<b>Vault</b>	<ul style="list-style-type: none"> <li>• Handspring into pit</li> <li>• Hurdle front somersault</li> <li>• Handstand flatback 90cm</li> </ul>
<b>Uneven Bars</b>	<ul style="list-style-type: none"> <li>• 3 x Casts to horizontal</li> <li>• Cast, back-hip circle, undershoot</li> <li>• 5 x long swings</li> <li>• Toe-shoot</li> <li>• Swing half turn dismount</li> </ul>
<b>Balance Beam</b>	<ul style="list-style-type: none"> <li>• Mount- jump to straddle hold on the end of the beam, swing legs to squat. Stand</li> <li>• Leap up drill</li> <li>• Double peggy turn</li> <li>• Straight jump, split jump</li> <li>• Full handstand</li> <li>• Cartwheel</li> <li>• Backward jump dismount</li> <li>• Round-off dismount</li> </ul>
<b>Trampoline</b>	<ul style="list-style-type: none"> <li>• Basic Jumps: Straight, tuck, star, pike, straddle, splits, wolf and full turn</li> <li>• Fly-spring</li> <li>• Round-off rebound</li> <li>• Front tuck salto</li> <li>• Back handspring</li> </ul>
<b>Strength and Conditioning</b>	<ul style="list-style-type: none"> <li>• Dish hold 45 seconds turn over to Arch hold 45 seconds</li> <li>• Plank hold – 60 seconds</li> <li>• Push ups - 15</li> <li>• V-snaps - 15</li> <li>• Rope climb – half way in scissors</li> <li>• Wall handstand – 60 seconds</li> </ul>