

Girls Gym Champs – Learning Criteria

Apparatus	Skills Required to achieve in this level
Floor Exercise	<ul style="list-style-type: none"> • Handstand forward roll • Cartwheel, cartwheel step in • Backward roll • Bridge Kick-over • Split jump • Peggy turn, half turn • Chasse step hop, chasse step hop
Vault	<ul style="list-style-type: none"> • Hurdle on to beat-board, straight jump up on to box, rebound off to land on mat • Hurdle on to beat-board, dive roll down wedge • Run handstand flatback
Uneven Bars	<ul style="list-style-type: none"> • Glide swings • Chin up pullover • Cast, back-hip circle • Forward roll to L hang • Jump from box, 3 x long swings • Hanging full turn on high bar
Balance Beam	<ul style="list-style-type: none"> • Mount: jump to front support, lift leg up and over to sit, lift to straddle hold 3 sec, swing legs to squat. Stand • Releve walks forwards and backwards • Step kicks forwards and backwards • Straight jump, tuck jump connection • Peggy turn • L handstand • Punch straight jump dismount
Trampoline	<ul style="list-style-type: none"> • Basic Jumps: Straight, tuck, star, pike, wolf, jump full turn • Split jumps on both legs • Knees to donkey kick • Front handspring • Peanut roll
Strength and Conditioning	<ul style="list-style-type: none"> • Dish hold 30 seconds turn over to Arch hold 30 seconds • Plank hold - 45 seconds • Push ups - 10 • Sit ups - 20 • Rope climb – to the top using their feet • Wall handstand – 40 seconds