

Girls Gym Masters – Learning Criteria

Apparatus	Skills Required to achieve in this level
Floor Exercise	<ul style="list-style-type: none"> • Round-off back handspring, back tuck • Front tuck somersault • Side aerial • Change leap connections • Wolf turn • Backward roll to handstand • Jump double turn
Vault	<ul style="list-style-type: none"> • Hurdle on to beat-board handstand flatback over vault. • Round off • Handspring onto mats
Uneven Bars	<ul style="list-style-type: none"> • Kip • Front hip circle • Cast tuck on, jump to high bar • Swing pullover • Toe shoot • Fly-away dismount
Balance Beam	<ul style="list-style-type: none"> • Mounts: Tuck jump onto beam. • Split leap connected to a jump • Change leap • Wolf turn • Back walkover • Handstand hold for 3 seconds, connected to jump • Combination of jumps • Dismounts: Front salto
Trampoline	<ul style="list-style-type: none"> • Round-off back handspring, back handspring • Round-off back handspring, back layout • Back handspring back layout full twist • Front layout full twist • Front and side aerials
Strength and Conditioning	<ul style="list-style-type: none"> • Dish hold 60 seconds turn over to Arch hold 60 seconds • Plank hold – 90 seconds • Push ups - 20 • V-snaps - 20 • Rope climb – full rope in scissors • Wall handstand – 90 seconds