

Gymnastics Skills Syllabus | Overview

This document provides an overview of the skills covered on the Assistant Foundation Coach – Delivering Gymnastics Activities course. This is not the full syllabus. This overview can be used to gain an understanding of the categories and breadth of skills covered.

Learners who enrol onto the Delivering Gymnastics Activities course will receive a hard copy of the full syllabus on Day 1 of their course.

Category	Overview
Fundamental & Gymnastics-Specific Movements	<ul style="list-style-type: none"> A variety of fundamental movements including walking, running, leaping, jumping, skipping and hopping. A variety of Gymnastics Specific Movements including Caterpillar Walks, Pike walks, Bunny Jumps and Hurdle step and Jump start.
Shapes & Positions	Basic shapes e.g., Straight, Tuck, Pike, Straddle, through to more advanced shapes e.g., Dish, Arch, Shoulder stand, and Splits.
Balance, Supports & Levers	<ul style="list-style-type: none"> A variety of single leg balances, including Arabesque, Wine glass and T-Balance. Supports on hands & feet. A variety of levers including Pike, Straddle, V-support Lever and Frog Balance.
Dynamic Balance & Flexibility	Examples include pivot turn, 1/1 on one foot, Split roll and Pancake.
Jumps, Leaps & Hops	<ul style="list-style-type: none"> Examples of jumps performed with up to 1/1 turn include straight, star, tuck, straddle, split and wolf. Examples of jumps and leaps performed without a turn include Sissone, Stag and Split Leap.
Acrobatic skills with & without flight	<ul style="list-style-type: none"> Rolls including handstand forward roll and backwards roll to handstand. Cartwheels including one-handed cartwheel and round off. Walkovers including forward and backwards walkovers and valdez. Handspring and flic. Forwards $\frac{3}{4}$ salto to back landing on mat stack or similar.
Hand Apparatus	<ul style="list-style-type: none"> Ropes, Balls, Ribbons, Hoops & Clubs can be used whilst performing any skill from the syllabus. Hoops, Balls & Ropes can be thrown, passed around the body, and used whilst performing other skills from the syllabus. Ribbons and Clubs can be rotated, passed around the body, and used to perform other skills from the syllabus.
Group & Partner Work	<ul style="list-style-type: none"> Interactions e.g., Cartwheel over Dish. Supported skills e.g., Supported handstand. A variety of group and partner skills including front support balances, balances on feet, stand on shoulders, handstand balances and jump from floor to cradle. Pitch stretch jump and stretch jump from stand in hands can be performed with the base kneeling.

<p>Rebound Apparatus</p>	<p>Rebound Apparatus includes Trampoline, DMT, Air Track, Springboard, Trampette, & Fast Track.</p> <p>Trampoline:</p> <ul style="list-style-type: none"> • Seat Landings. • Back Landings. • Front Landings. <p>These body landings can be combined with other body landings, incorporating up to a ½ turn. A 1/1 can be performed if landing in the same body landing.</p> <ul style="list-style-type: none"> • Forwards ¾ turnover to back landing. <p>DMT:</p> <ul style="list-style-type: none"> • Two foot take offs and landings. • ¾ turnover to mat stack.
<p>Balance Apparatus</p>	<p>Mounting:</p> <ul style="list-style-type: none"> • A variety of mounts including squat, straddle and forward roll onto the apparatus. <p>Dismounting:</p> <ul style="list-style-type: none"> • A variety of dismounts including Round off and Handspring. <p>On the apparatus:</p> <ul style="list-style-type: none"> • A variety of skills from the syllabus can be performed, from Fundamental Movement Patterns, jumps and leaps, through to Forwards roll, Cartwheel and Handstand.
<p>Vault</p>	<p>Example vaults include squat on/through, straddle on/over, handspring and ½ on.</p>
<p>Pommel Horse</p>	<p>Examples include swings, scissors and leg circles.</p>
<p>Climbing & Hanging Apparatus</p>	<p>Mounting:</p> <ul style="list-style-type: none"> • Various mounts including Upward circle & Upstart. <p>Dismounting:</p> <ul style="list-style-type: none"> • Forward circle, Cast to land on floor/platform, Undershoot from front support, floor or platform. <p>On the apparatus:</p> <ul style="list-style-type: none"> • A variety of skills can be performed on the apparatus, including swings, front supports, casts, back hip circles, and levers.

Syllabus Regulations

Contained within the full syllabus document are **Syllabus Regulations** for each category, provided to ensure you stay within your professional boundaries. Coaches, Managers, Head and Lead coaches are encouraged to understand the regulations of the syllabus to ensure safe practice.