



Western Districts Gymnastics – Develop Program

Gym Skills Routines

Vault

Run, straight jump on air board motorbike landing on mat	<ul style="list-style-type: none">- Arms coming through underarm- Pushing through knees legs and feet- Tight body throughout
Angry cat, jump to front support, turn over to rear support, L sit, pike stretch, L sit, tuck dish, tight body roll over to stomach, superman, seal, stand	<ul style="list-style-type: none">- Must show all positions but no requirement to hold- Body should remain tight even in between shapes
Star jump with motorbike landing off 60cm	<ul style="list-style-type: none">- Feet slightly apart- Knees bent straight (not bending to side)- Good posture

Bars

3x tension swings on high bar	<ul style="list-style-type: none">- MUST show dish and arch shapes- Tight legs and body
Pullover or kickover, may be assisted	<ul style="list-style-type: none">- May use box- Straight legs
2x casts to 45° below horiz.	<ul style="list-style-type: none">- No banana shape- Shoulders forward- Straight arms
Forward roll to hang, may be assisted	<ul style="list-style-type: none">- Straight arms- Slow and controlled

Beam

Jump to front support, lift leg over to straddle sit, swing to one knee and stand	<ul style="list-style-type: none">- Straight legs- Front support not piked
2x passé steps (side and fwd), immediate relevé half turn	<ul style="list-style-type: none">- Straight support leg- Toe to knee
Straight jump	<ul style="list-style-type: none">- Points toes- Bends knees before take-off and on landing
4x relevé steps, immediate quarter turn to face side	<ul style="list-style-type: none">- Arms optional- Straight legs- No drop of heel between steps and turn
straight jump off side to land in motorbike	<ul style="list-style-type: none">- Starts with toes on the beam- Jumps above beam height- Controlled motorbike landing

Floor

Forward roll	<ul style="list-style-type: none">- Starting on wedge allowed- Hands turned in, straight arms
Backward roll to feet down wedge	<ul style="list-style-type: none">- Must have straight arms and hands turned in
L handstand	<ul style="list-style-type: none">- Starting up tall- Straight legs- Landing on one foot and finishing in lunge or step in
Straight jump, rebound tuck jump	<ul style="list-style-type: none">- Swings arms- Knees to horizontal- Motorbike landing to finish
Cartwheel to finish in star	<ul style="list-style-type: none">- Starting up tall- Straight legs- Legs going over the top