



# 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"><li>- Arms coming through underarm</li><li>- Pushing through knees legs and feet</li><li>- Tight body throughout</li></ul>
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"><li>- Must show all positions but no requirement to hold</li><li>- Body should remain tight even in between shapes</li></ul>
Star jump with motorbike landing off 60cm	<ul style="list-style-type: none"><li>- Feet slightly apart</li><li>- Knees bent straight (not bending to side)</li><li>- Good posture</li></ul>

### ***Bars***

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

## **Beam**

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

## **Floor**

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