



Western Districts Gymnastics – Develop Program

Teen Skills Routines

Vault

Handspring flatback on to 2 mats	<ul style="list-style-type: none">- Under arm entry- Pushes up tall in handstand and maintains shape up to and on landing- Gets 'pop'
Dive roll to 2 mats	<ul style="list-style-type: none">- Gets height before putting hands down to roll- Uses bent arms- Rolls and uses momentum to finish standing up
L handstand with foot on 60cm box Hold for 5sec	<ul style="list-style-type: none">- MUST begin in pike handstand before lifting one leg to L handstand- Chest in, open shoulders- Head looking at hands

Bars

Glide swing	<ul style="list-style-type: none">- May use box to jump from, landing on floor- Jumps to dish shape- Extends hips at top of glide- Good amount of height
Pullover or kickover	<ul style="list-style-type: none">- May use box or have assistance- Straight legs
Cast to 45° below horizontal, immediate back hip circle	<ul style="list-style-type: none">- Must show shrug first- No banana shape in cast- Head in
Underswing/toe shoot or step on/stoop on	<ul style="list-style-type: none">- Dish shape must be maintained throughout (no pike) in underswing- Tight legs- Coach MUST stand in for step on/stoop on
3x tap swings on high bar	<ul style="list-style-type: none">- Coach MUST stand in for tap swings- Jump from box or bar, landing on floor (unless completing swing pullover)- Must show dish at back of swing- Shows tap shapes with correct timing
*optional swing pullover or underswing or swing half turn	<ul style="list-style-type: none">- Tight legs- Straight arms

Beam

Optional mount	- May use box
L handstand or Full handstand or cartwheel or bwd walkover	- Clear start and finish position
Passé half turn to finish on relevé or full turn	<ul style="list-style-type: none"> - Allowed to drop heel in between turns and before relevé - Toe to knee - Arms go down during turn
2x different connected jumps/leaps (straight jump allowed)	<ul style="list-style-type: none"> - Good amplitude - Clear leg position
Optional dismount	- Straight jump not permitted, but may do tuck/straddle/etc
Includes choreography in routine	- Minimum 2 poses

Floor

Handstand forward roll or handspring rebound or front sault	- (may use wedge or scatter mat for handstand forward roll)
Full turn on one foot or half turn on one foot	<ul style="list-style-type: none"> - Arms down or in - Good posture
Bridge or Bridge kickover or bwd walkover or tic toc or forward walkover	<ul style="list-style-type: none"> - may have spotting - good leg tension
Cartwheel, cartwheel or round off, rebound or round off flic	<ul style="list-style-type: none"> - Optional entry - Generating speed - Landing of cartwheel, cartwheel in lunge
Backward roll to squat or front support or handstand	- Straight arms, hands turned in
2x jump/leaps	- Straight jump not permitted, but may do tuck/straddle/etc