



Western Districts Gymnastics – Develop Program

Gym Fun Routines

Vault

From box, step down to air board, rebound straight jump to 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	<ul style="list-style-type: none">- Must show all positions but no requirement to hold- Body should remain tight even in between shapes
Drop to stick motorbike landing off 60cm	<ul style="list-style-type: none">- Feet slightly apart- Knees bent straight (not bending to side)- Good posture

Bars

2x bent knee swings beginning in dish	<ul style="list-style-type: none">- Use box to start, landing on box or floor- Must regrip- Ideal model has open hips and shows tap shapes
Jump from box to front support on bar	<ul style="list-style-type: none">- Any box height allowed- Straight arms- MUST finish in a shrugged position
2x casts (hips off bar)	<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
Stand up, 4x step, point, hold	<ul style="list-style-type: none"> - Arms on hips - Straight legs - Keeps weight on support leg during point
Straight jump with hands on hips	<ul style="list-style-type: none"> - May use arm swing if preferred - Points toes - Bends knees before take-off and on landing
4x passé steps	<ul style="list-style-type: none"> - Straight support leg - Forward only required
Relevé ¼ turn, straight jump dismount 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"> - Hands turned in, straight arms
Backward roll to feet down wedge	<ul style="list-style-type: none"> - Hands turned in, straight arms - Landing in squat
L handstand	<ul style="list-style-type: none"> - Starting up tall - Straight legs - Landing on one foot and finishing in lunge or step in
4x step hops in passé	<ul style="list-style-type: none"> - Pushing through legs and toes to create height - Pointing toe to knee in passé position - Arms optional
Straight jump, rebound straight jump	<ul style="list-style-type: none"> - Swings arms - Points toes in air - Motorbike landing to finish