



Western Districts Gymnastics – Develop Program

Gym Fun Routines

Vault

From box, step down to 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

Beginning in dish, 2x bent knee swings	<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 straight body 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	- Straight legs - Front support not piked
Stand up, 4x step, point, hold	- Arms on hips - Straight legs - Keeps weight on support leg during point
Straight jump with hands on hips	- May use arm swing if preferred - Points toes - Bends knees before take-off and on landing
4x passé steps	- Straight support leg - Forward only required
Relevé $\frac{1}{4}$ turn, straight jump dismount to land in motorbike	- Starts with toes on the beam - Jumps above beam height - Controlled motorbike landing

Floor

Forward roll	- Hands turned in, straight arms - Knees together
Backward roll to feet down wedge	- Hands turned in, straight arms - Landing in squat
Relevé half turn (2 feet)	- Straight legs - High relevé - Good posture
L handstand	- Starting up tall - Straight legs - Landing on one foot and finishing in lunge or step in
4x step hops in passé	- Pushing through legs and toes to create height - Pointing toe to knee in passé position - Arms optional
Roll back to show candle position and stand with no hands	- Arms up in candle shape - Hands not to touch floor on way down/stand up
Straight jump, rebound straight jump	- Swings arms - Points toes in air - Motorbike landing to finish