



Western Districts Gymnastics – Develop Program

Intermediate Skills Routines

Vault

Step to handstand, flatback	<ul style="list-style-type: none">- Under arm entry- Hands on spring board- Pushes up tall in handstand and maintains shape up to and on landing
Run, straight jump on board motorbike landing on mat	<ul style="list-style-type: none">- Arms coming through underarm- Pushing through knees legs and feet- Tight body throughout
Front support, turn to rear support, L sit, lying on back, push to bridge, return to back, roll to candle and stand	<ul style="list-style-type: none">- Must show all positions but no requirement to hold- Body should remain tight even in between shapes

Bars

From dish hold, glide swing	<ul style="list-style-type: none">- May use box, landing on floor
Pullover, may be assisted	<ul style="list-style-type: none">- May use box- Straight legs
2x casts (45° below horizontal)	<ul style="list-style-type: none">- Must show shrug first
*optional immediate back hip circle	<ul style="list-style-type: none">- Head in
Forward roll to 3sec tuck or L hang	<ul style="list-style-type: none">- Straight arms
3x tap swings on high bar (If athlete is arching with feet over the low bar on the back swing, do not allow this skill in the routine)	<ul style="list-style-type: none">- Jumping from box, landing on floor- Coach MUST stand in

Beam

Jump to front support, lift leg over to straddle sit, lift to show clear straddle, swing to one knee and stand	<ul style="list-style-type: none"> - Straight legs - Front support not piked
2x fwd kicks, 2x bwd kicks	<ul style="list-style-type: none"> - Tight support leg - Arms out to side - Top leg to horizontal (fwd) and 45° below (bwd)
2x straight jump switch feet series	<ul style="list-style-type: none"> - Feet together at height of jump - Pushing through feet - Tight body and good posture
Arabesque	<ul style="list-style-type: none"> - Straight support leg - Arms up or to the side - Body should be in a straight line at horizontal
2x relevé half turns in the same direction	<ul style="list-style-type: none"> - Hold relevé in between - Straight legs - Arms go down during turn
*optional L handstand	<ul style="list-style-type: none"> - Starting up tall - Straight legs - Finishing in lunge or step in
2-3 steps, punch straight jump off end of beam to land in motorbike	<ul style="list-style-type: none"> - Jumping off two feet - Jumping higher than the beam - Landing in motorbike

Floor

Fwd roll, immediate second fwd roll	<ul style="list-style-type: none"> - Straight arms, hands turned in - Top of head must not touch the floor
Full handstand	<ul style="list-style-type: none"> - Starting up tall - Straight body (no banana or pike) - Finishing in lunge or step in
Straight jump, rebound split jump	<ul style="list-style-type: none"> - 90° split requirement - Arms out to side
Passé half turn to finish in relevé	<ul style="list-style-type: none"> - Straight support leg - High relevé - Good posture
Cartwheel ¼ turn to step in Connected to bwd roll	<ul style="list-style-type: none"> - Hands '1,2' - Legs to go over the top - Tight body and legs
Backward roll to feet with hands turned in	<ul style="list-style-type: none"> - Must be pushing on ground - Straight arms