

# 2017 CORESKILLS PROGRESS REPORT

## Gym Nastics

**ADVANCED** is an extended skill that gymnasts have the opportunity to achieve if they have performed the GOLD skill safely and with correct technique.

SKILLS	RED	ORANGE	YELLOW	GREEN	BLUE	BRONZE	SILVER	GOLD	ADVANCED
<b>BACKFLIP</b>	Lay in arch over cylinder and rock from hands to feet with legs together (arms straight)	Arm swing jump to flat back onto crash mat	<b>Coach spotted</b> - half back flip on backflipper (stop half way) back down	<b>Coach spotted</b> - full back flip on backflipper	Kick to handstand against wall, arch body so toes touch wall then fast snap down	<b>Coach spotted</b> - full backflip on back flipper to land in front support on crash mat	<b>Coach spotted</b> - back flip from mini trampoline to crashmat <b>OR</b> on trampoline with mat	Back flip on trampoline <b>OR</b> from mini trampoline to crashmat	Backflip on floor or crashmat
<b>BACK SAULTS</b>	4 tuck rocks – 2 with hands holding knees, 2 with hands pushing on floor next to ears	Backward roll down wedge land on feet	Hang off rings or ropes (shoulder height), lift knees up through arms letting go of rings when feet hit floor	From floor, jump backwards up to bouncy box, backward roll down wedge to stand	Stand on floor, jump backwards to bouncy box & wedge landing on back in tuck	Back drop on tramp, flip over to feet <b>OR</b> Backsault off rings or ropes (let go when you see the floor)	Back sault into pit <b>OR</b> <b>Coach spotted</b> - Back sault with mat on tramp or from mini tramp to mat	Back sault on trampoline <b>OR</b> From mini tramp to crashmat	Standing back on soft or sprung floor
<b>FRONT SAULT</b>	Forward roll down wedge stand up with no hands	<b>Coach spotted</b> - Hands on wedge 3 jumps from mini tramp, forward roll (no head touching wedge)	From box, jump down to mini tramp, tuck snap land on mat	<b>Coach spotted</b> - From box, jump down to mini tramp, high forward roll down steep wedge	<b>Coach spotted</b> - 3 jumps on crashmat with arms up front sault to tuck sit (knees apart)	<b>Coach spotted</b> - Front sault into pit <b>OR</b> <b>Coach spotted</b> - From box, jump down to mini tramp, front sault over steep wedge tuck sit	Front sault on trampoline (can be onto a crashmat) <b>OR</b> From box, jump to mini tramp, front sault onto wedge to feet	Run, punch front sault off mini tramp to crash mat or into pit	Run into punch front sault on floor
<b>CARTWHEEL &amp; ROUND OFF</b>	Low cartwheel jumps over original block x3	Star shape, cartwheel over original block to star	Cartwheel on floor to lunge	Cartwheel on line with t-hands step in	Hurdle cartwheel with t-hands to lunge	Handstand on small box or beat board fast snap down rebound	From 2 bouncy boxes, hurdle round off off end to crash mat	Stand on beat board or coloured box jump hurdle round off rebound	On floor hurdle round off rebound
<b>BACK &amp; FRONT WALKOVER</b>	<b>Coach spotted</b> - Lay on bouncy box reach hands back to touch floor	<b>Coach spotted</b> - Lay on bouncy box push up to bridge with arms straight	<b>Coach spotted</b> - Lay on bouncy box push up to bridge with arms straight, lift one leg up straight for 5 secs	<b>Coach spotted</b> - kick to handstand on floor, bend over to bridge onto bouncy box, kick back over to lunge	<b>Coach spotted</b> - from standing lower hands to bridge onto bouncy box	<b>Coach spotted</b> - on floor, push up to bridge, kick over to lunge	<b>Coach spotted</b> - From standing, lower to bridge on floor then kick over	<b>Coach spotted</b> - back walkover & front walkover on floor	Front & back walkover on floor
<b>HANDSTAND</b>	Tuck handstand against wedge (10sec)	Inwards ¾ handstand against a wedge (walk feet up)	3 Scorpion kicks (top leg to vertical)	Full handstand with tummy facing wedge (only toes touching)	Kick to handstand with partner holding legs hold 10 sec to lunge	Kick to handstand with partner holding legs, touch each hand 5 times	Full handstand on floor to lunge	Full handstand on floor hold 3 secs finish in lunge	Full handstand, then 4 walks forward finish in lunge

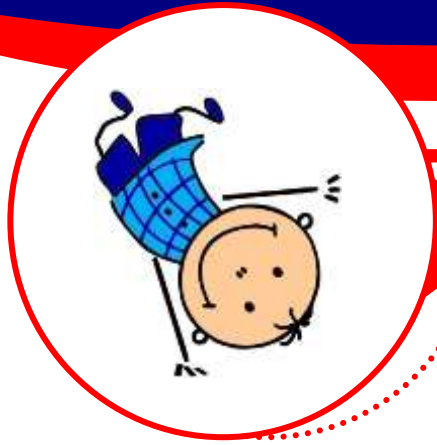
### Information for Parents:

- The CORESKILLS Progress Report takes 6 core gymnastics skills and breaks them up into 8 progressions plus an advanced version of the skill. The first progressions will be taught in the early years of gymnastics starting with a very basic drill. The final progressions will be taught in the later years of gymnastics when they are able to successfully complete the entire skill safely and correctly. Some skills such as handstands may progress more quickly and other more difficult skills such as backflips may take longer to progress. On average the goal is that gymnasts are able to complete at least one new progression each year for each skill. Gymnasts are assessed at the progression for each skill that their coach feels they are ready for, and a progress report is issued at the end of term 2.

### Things to note:

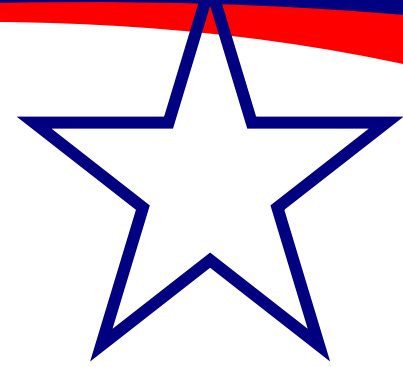
- If you have received this progress report this is an indication that your child has successfully completed their CORESKILLS progressions for this year.
- Highlighted above is the progression your child has successfully completed to the required standard for each of the 6 core skills.

# CERTIFICATE OF ACHIEVEMENT



Awarded to

*Gym Nastics*



For achieving your CORESKILLS Progress Report

# CONGRATULATIONS!

Waverley Gymnastics Centre, 2017

