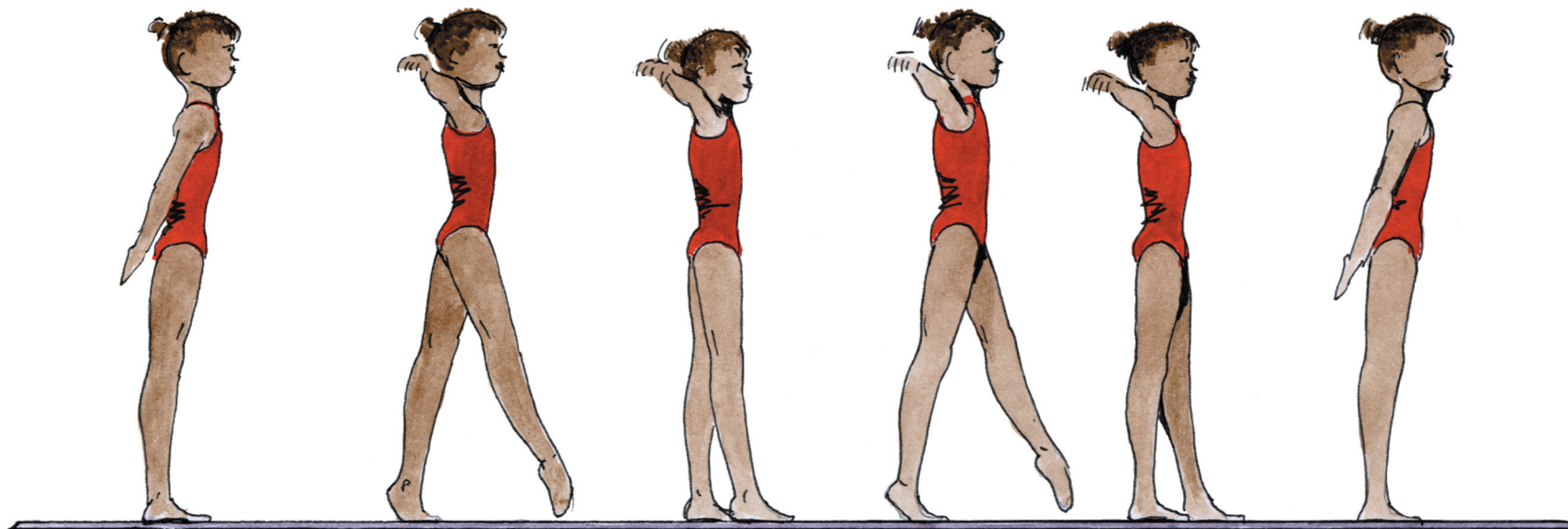


1.1

Stand-walk in straight line

LEVEL 1 • SKILL CARD 1



Guidance Notes

1. Standing up straight, facing direction of travel, looking forward, head naturally in line with body, chin up.
2. Raise arms outward to the side, fingers slightly higher than shoulder-height, and extend leg pointing leading foot and showing slight turnout of knee.
3. Walk smoothly in a straight line pointing each lead foot and maintaining a flat straight back sucking in the tummy and tucking the bottom under ensuring the 'suck and tuck' position is held through.
4. Continue to walk 2-3 metres placing toes, balls of feet then heels before transferring weight onto the leg. It is important in this form of walking that the gymnast remains in a stable balance opposed to ordinary walking which tends to be unstable, where there is a loss of balance which is then regained by stepping forward. Stop, feet together, lower arms to sides.

Teaching Points

Body

Stand up straight, head in line with body, chin up, look forward (focus on one point)

'Suck and tuck'

Legs

Straight at knees, slight turn out, point feet, walk under control, toes, ball of feet, heels.

Arms

Straight out sideways, fingers slightly higher than shoulder-height, fingers stretched (see picture)

Timing

Transfer of weight

Common Faults

- Arch in back
- Overbalancing
- Unable to point toes

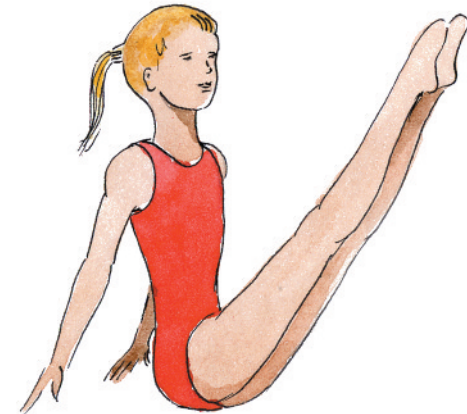
Possible Cause

- Lack of mid-body tension
- Incorrect weight transference
- Lack of flexibility in ankles/toes

1.2

Balance Foot/Knees/Bottom

LEVEL 1 • SKILL CARD 2



Guidance Notes

1. **Balance on 1 Foot;** In the balance on one foot, keep the support leg straight, foot flat, knees tight together with other knee bent to 90° and the foot pointed. Arms are held stretched and head remains naturally in line with the body.
2. **Balance on 2 Knees;** In the two knee balance, the legs remain tight together, knees only on the floor with heels raised and feet pointed, the angle at the knee joint should be 45°. There should be a straight line vertically from knees through hips, shoulders, head and arms. The arms are held straight and tight by the ears or out to the side to aid balance.
3. **'V' Sit balance;** The 'V' sit hold is performed with straight legs held tight together at an angle of 45° to the floor, feet pointed. The back should remain flat and straight, shoulders and head up. Once this position is shown the hands should be taken off the floor and arms held out sideways, fingers slightly higher than shoulder height.

NB: To be considered a stable or static balance, the position needs to be held still for a certain period of time, in the case of the above, balances should be held steady for 3 seconds.

Teaching Points

Body

Held tight to keep the centre of gravity within the base of support

Legs

Tight and together in appropriate position

Arms

Tight and stretched

Timing

Held still for 3 seconds

Common Faults

Weak shapes shown

Losing balance

Possible Cause

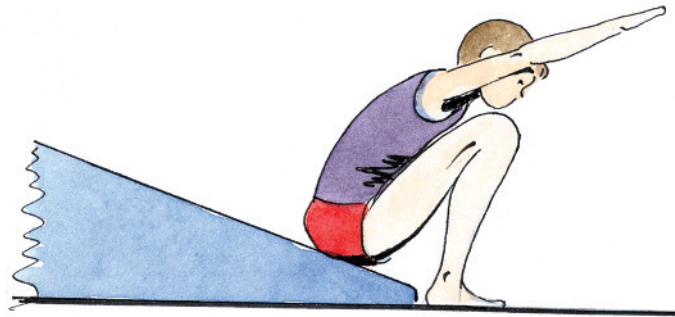
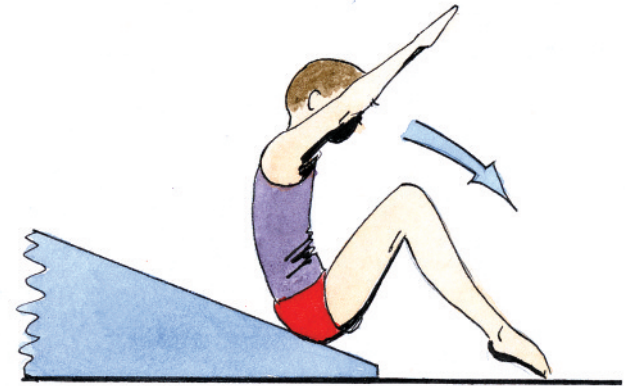
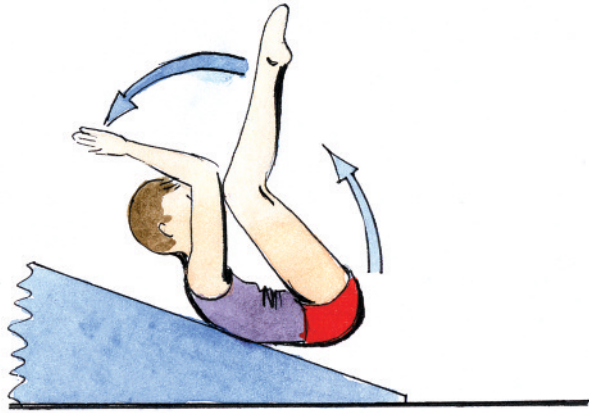
Lack of body tension

Centre of gravity falling outside the base of support

1.3

Forward Roll Progressions

LEVEL 1 • SKILL CARD 3



Guidance Notes

1. Here the gymnast must rock backwards up slope, then forwards down to finish in tuck sit. To do this the back must be rounded and a tight tuck shape held, chin on chest, knees and feet together with knees tight to chest and heels close to seat, the elbows squeezed in to make the tuck 'compact'.
2. Arms will remain straight throughout, tight by ears with effort being made to reach forwards and upwards. Wrists and fingers straight in line with arms.
3. On the backward rolling action ensure weight remains on the shoulders and the gymnast does not roll so far back that weight is on the neck. The knees should not pass over the head, but legs will partly extend in order to tuck the heels in strongly on the forward rolling action to gain speed allowing the recovery to feet.

Teaching Points

Body

Rounded back chin tucked in tight body

Legs

Knees / feet together tuck heels in quickly land on feet

Arms

Strong and straight tight by ears reach forwards and up. Arms shoulder width apart

Timing

Roll back to shoulder blades tuck heels in to speed up

Common Faults

Roll too slow
Using hands on floor
Landing straight leg sitting

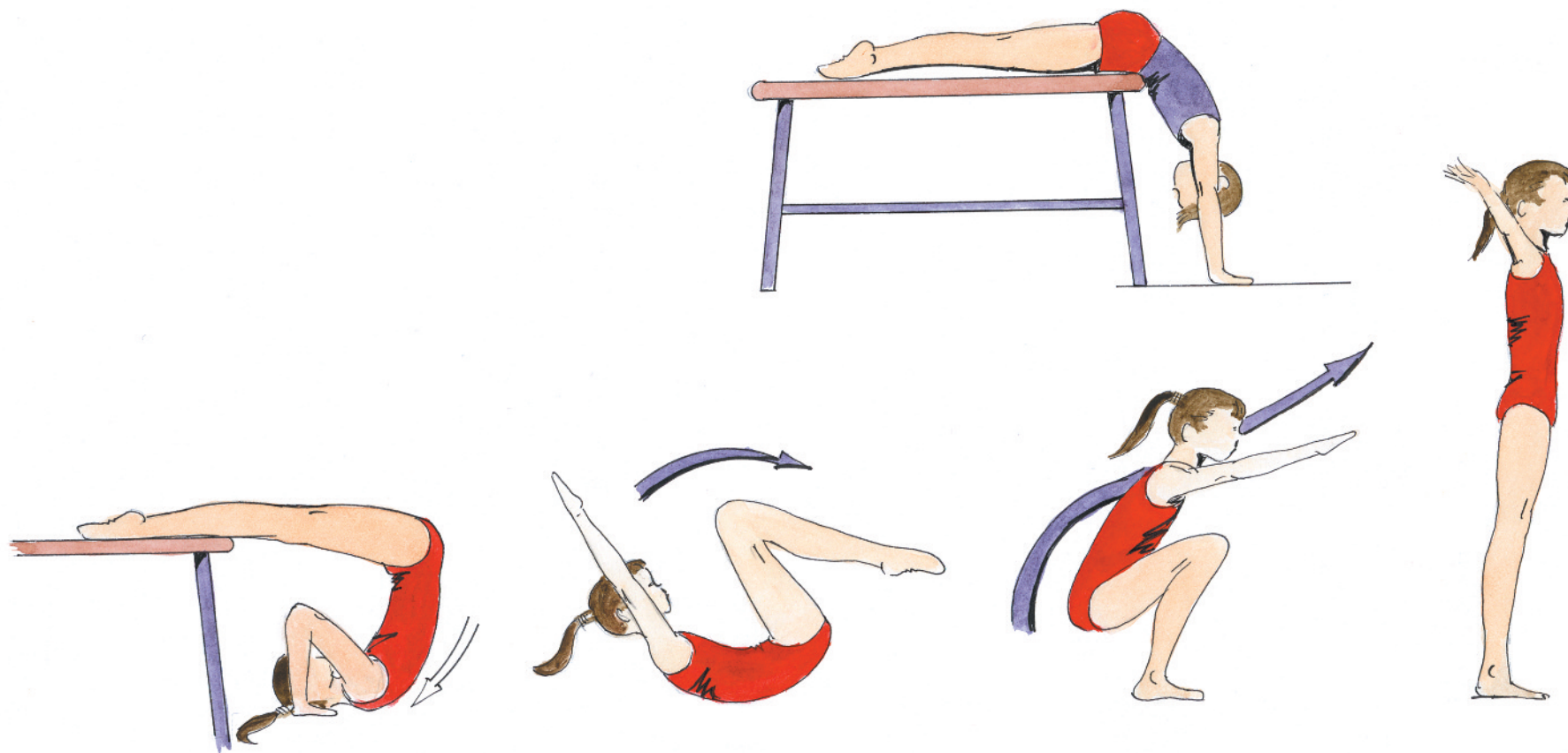
Possible Cause

Lack of speed or lack of appreciation of correct arm action
Failure to tuck heels in or incorrect leg action

1.4

Forward Roll Preparation

LEVEL 1 · SKILL CARD 4



Guidance Notes

1. In this progression, the gymnast lies over a table, or kneels on a bench to place hands on floor and forward roll into tuck sit. Keep the back rounded, chin tucked in, knees and feet together, then stand.
2. Hands are placed on floor, shoulder width apart, flat hands with head naturally between arms. Keep arms straight until descending into roll. Tight body and legs showing a good pike shape.
3. The heels should be tucked in quickly to gain speed and maintain momentum to finish on feet. The head may not touch the floor, but it is acceptable if the back of the head brushes lightly on the floor. Strong weight bearing through the arms and shoulders is necessary before the arms reach forwards and upwards early to finish.

Teaching Points

Body

Rounded back chin tucked in tight body

Legs

Knees/feet together, show pike shape tuck heels in, land on feet

Arms

Flat hands, fingers forward, hands shoulder width, strong push through arms/shoulders reach forwards and up

Timing

Heels tucked in $\frac{1}{2}$ way through roll, showing acceleration to feet

Common Faults

Rolling off top of head
Not tucking heels in

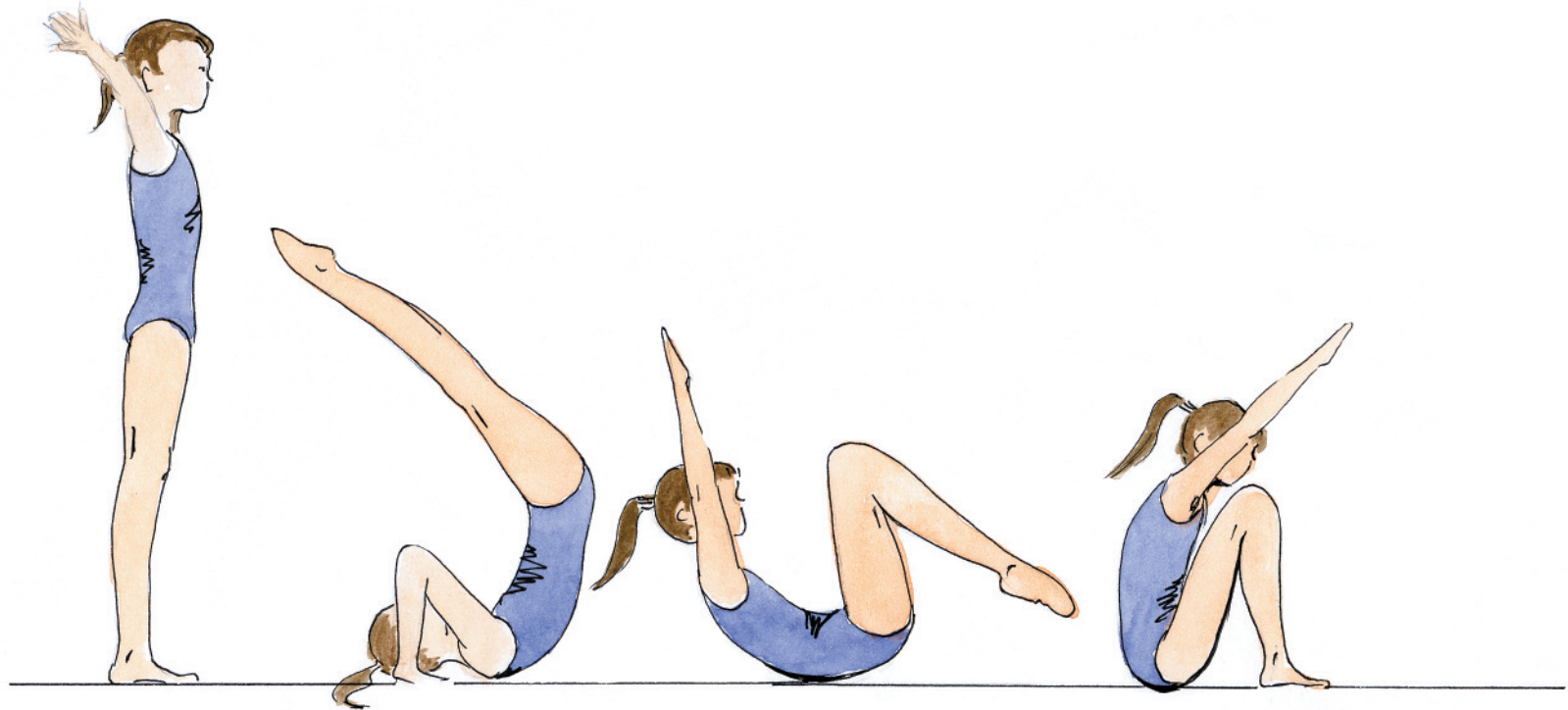
Possible Cause

Not tucking chin in
Incorrect leg action

1.5

Forward Roll To Tuck Sit

LEVEL 1 • SKILL CARD 5



Guidance Notes

1. The forward roll is one of the basic skills required in gymnastics. It is also important to learn to avoid injuries when landing and over-rotating.
2. Stand tall with arms stretched up by the ears, chin up but eyes looking forward and down, legs straight and feet together. Bend knees $\frac{1}{2}$ way (knee angle 90°) and lower arms to horizontal, creating a slight curl in the spine with shoulders in front of hips, feel weight on balls of feet.
3. Take off by driving legs straight and point toes, arms reaching forward and down placing hands flat and shoulder width apart on the floor. The gymnast should curl body starting from the arm bending at elbows, head tucking in (only the back of the head should touch the floor), round the spine but keep legs straight at this stage showing the pike position.
4. Approximately $\frac{1}{2}$ way through the roll the gymnast should tuck the heels in quickly to the bottom. Arms reach forward and upward staying close to the ears as the gymnast finishes in the tuck sit shape.

Teaching Points

Body

Keep tight, tuck chin in, rounded back

Legs

Drive legs straight, legs tight together, feet pointed, show pike shape upside down, quickly tuck heels into bottom, feet together throughout

Arms

Flat hands shoulder width apart, bear weight at start reach forward and up

Timing

Tuck heels in $\frac{1}{2}$ way through role.

Common Faults

- Rolling off top of head
- No pike shape shown
- Not tucking heels in
- Falling off to side

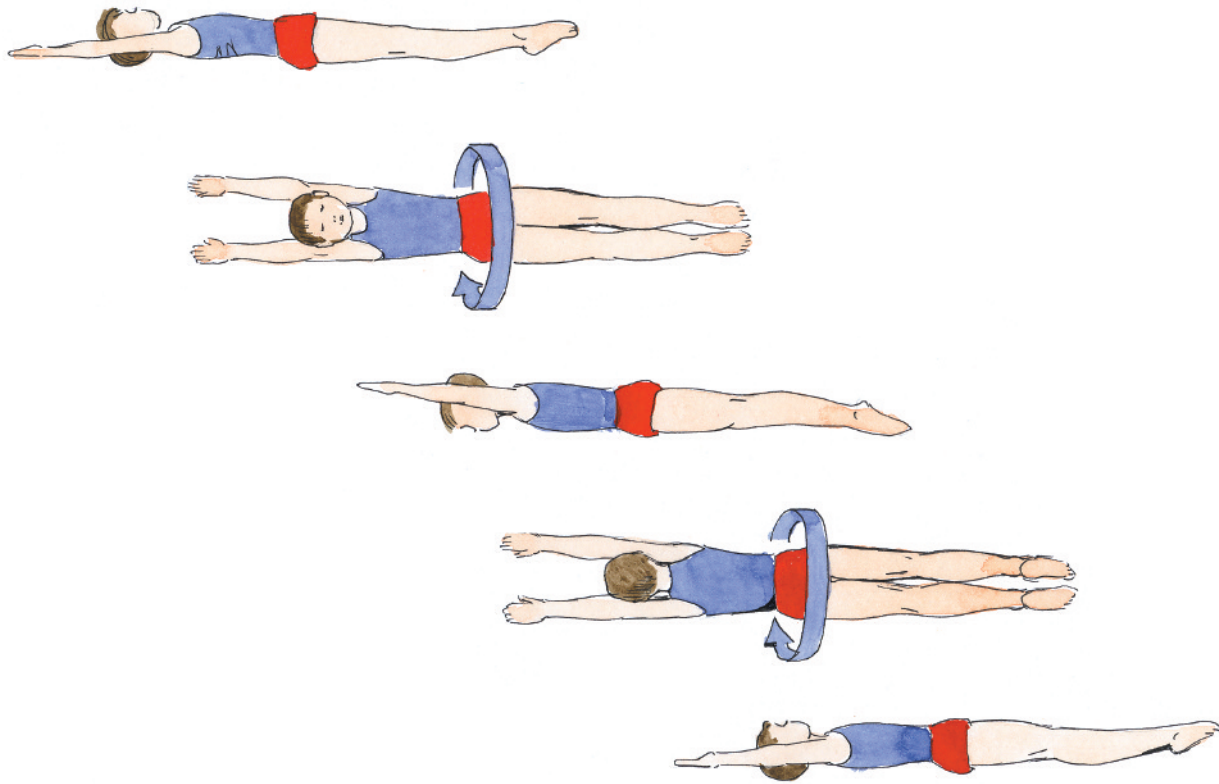
Possible Cause

- Hips not high enough
- Lack of drive off legs
- Incorrect leg action
- Roll too slow

1.6

Pencil Roll

LEVEL 1 • SKILL CARD 6



Guidance Notes

1. From back lying, show 'suck and tuck' (see card 1-1) and press lower back on to floor to minimise any arch created by the arms being stretched up straight by ears. Head in line with body, whole body tension is required to perform the pencil roll.
2. Legs straight and tight together, with heels pressing together and the feet pointed. Movement generated in hip and back.
3. Lead with hips to initiate role still maintaining whole body tension, rolling from back to front to back.

Teaching Points

Body

Fully stretched long body and thin like a pencil. Squeeze tight. Head in line

Legs

Straight and tight together heels together feet pointed

Arms

Straight and tight by ears

Timing

Smooth roll in same direction. Complete full turn

Common Faults

Roll not smooth, looks floppy. Legs separating

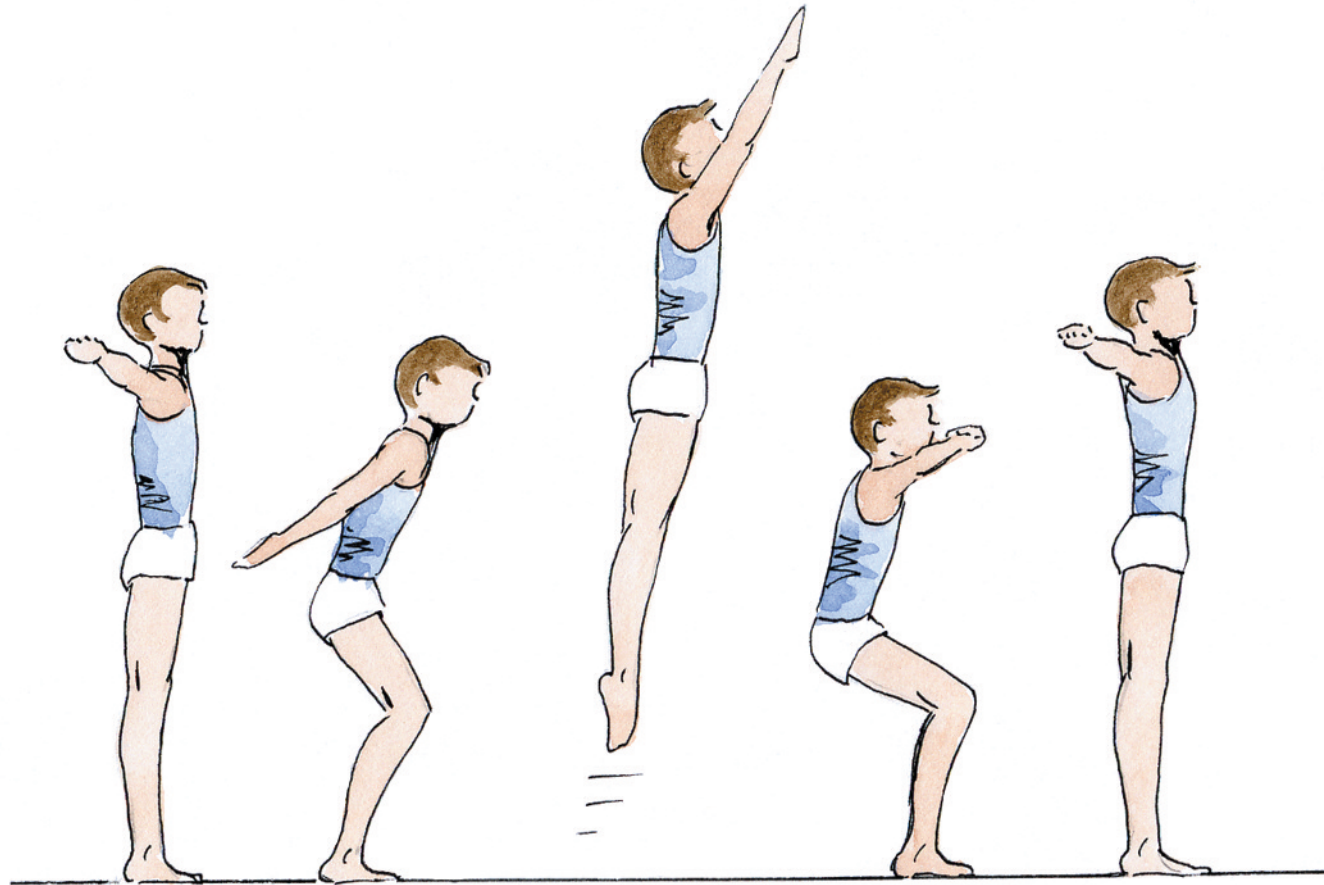
Possible Cause

Lack of body tension

1.7

Jumping and Landing on Floor

LEVEL 1 • SKILL CARD 7



Guidance Notes

1. This is an important skill to learn on floor in order to avoid injuries when landing from height.
2. Keep the back flat and straight throughout by applying the 'suck and tuck' (card 1-1) shape. There will be a slight bending at waist to prepare to jump, and again on landing. Head remains naturally in line with body, eyes looking forward and down.
3. Stand with legs straight, feet slightly apart (about 15 cm) flat and parallel. To prepare, bend knees half way (angle at knees and ankles is 45°), knees over the toes showing 45° hip angle.
4. Drive legs straight at knees, and press balls of feet into floor causing the heels to leave floor. The toes are the last part of the foot to leave the floor in the jumping action. Keep body tight in the air.
5. Land toes first, balls of feet, heels and bend knees under, control, landing in same position as described in the preparation phase. Straighten legs to stand.
6. The arms begin from sideways shoulder level and circle backward and downward in preparation. The jump action of the legs is complimented by the forward and upward arm swing which stops just in front of the ears to avoid creating back arch. Arms drop sideways to shoulder level on recovery.

Teaching Points

Body

Flat straight back, head up

Legs

Straighten legs quickly absorb landing land toes, heels, knees

Arms

Swinging up by ears and forwards on landing

Timing

Sink into landing

Common Faults

Strain on ankles

Arch in back during flight

Landing heavy

Showing a deep squat on landing

Possible Cause

No heels down, all weight on balls of feet

Arm swing too high

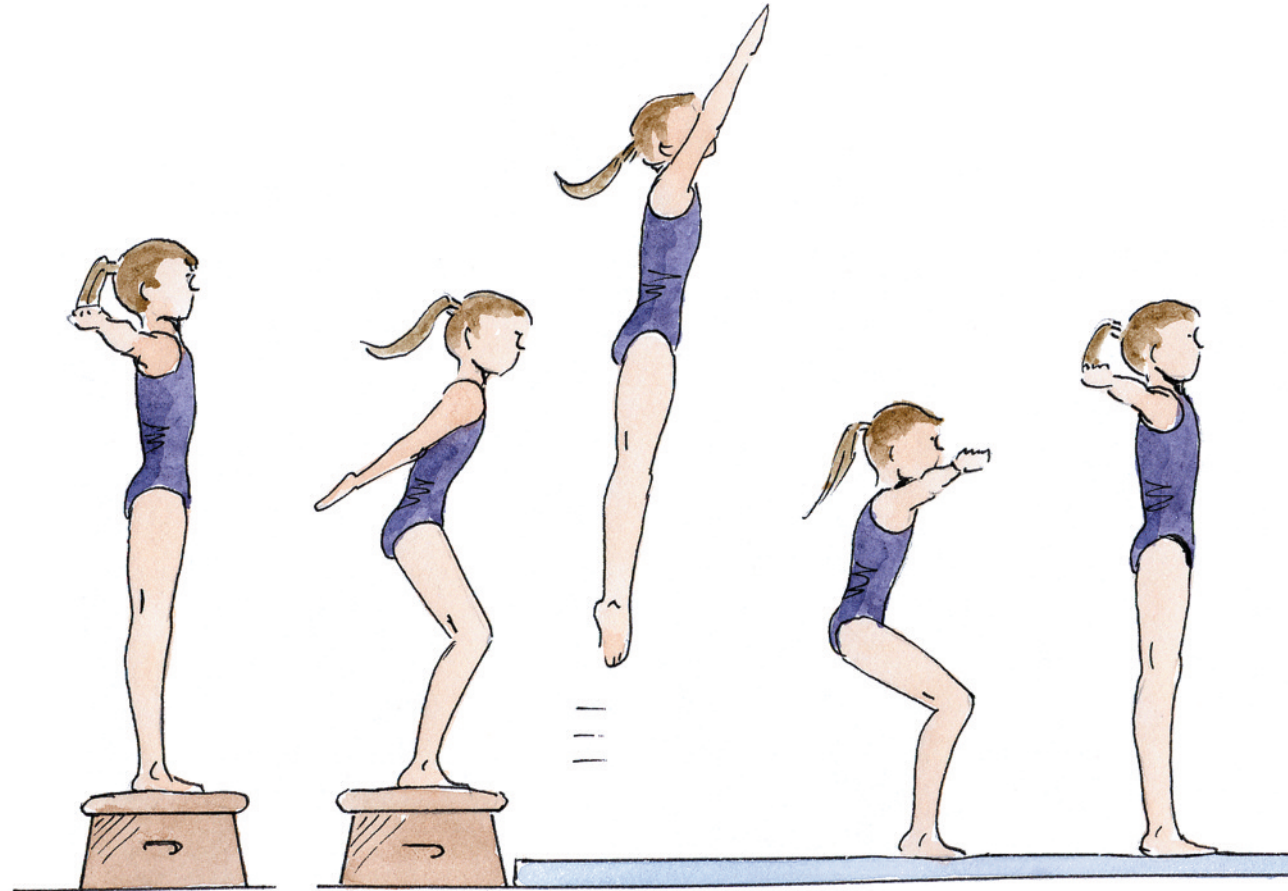
Bending knees in air and holding this shape prior to landing

Lack of body tension

1.8

Jump Land Off Low Platform

LEVEL 1 • SKILL CARD 8



Guidance Notes

1. This is an important skill to learn to avoid injuries when landing forwards from height.
2. Keep the back flat and straight throughout by using the 'suck and tuck' (see card 1-1) shape. There will be a slight bending at the waist to prepare the jump, and again on landing. Head remains naturally in line with the body, eyes looking forward and down.
3. Begin standing on bench or low table with straight legs, feet slightly apart (about 15 cm) flat and parallel. To prepare, bend knees half way (angle at knees and ankles is 45°), knees over the toes showing 45° hip angle. The gymnast must lean forwards slightly at this point to allow the jump to travel upwards and away from the apparatus.
4. Drive legs straight at knees, and press balls of feet into floor causing the heels to leave the floor. The toes are the last part of the foot to leave the floor in the jumping action. Keep body tight in the air, and reach forwards with feet for landing.
5. Land toes first, balls of feet, heels and bend knees under control landing in the same position as described in the preparation phase. Straighten legs to stand.
6. The arm action begins from sideways shoulder level position, and circles backward and downward in preparation. The jump action of the legs is complimented by the forward and upward arm swing, which stops just in front of the ears to avoid creating arch in back. Arms drop sideways to shoulder level on recovery.

Teaching Points

Body

Flat straight back, 'suck and tuck', head up

Legs

Straighten legs quickly, absorb landing. Land toes, heels, then knees

Bend forward over toes, land feet parallel

Arms

Swing up to stop just in front of ears, arms forwards on landing

Timing

Hold landing shape

Common Faults

Strain on ankles

Arch in back during flight

Landing Heavily

Landing in deep squat

Possible Cause

No heels down, all weight on balls of feet

Arm swing too high

Bending knees in air and holding this shape prior to landing

Lack of body tension