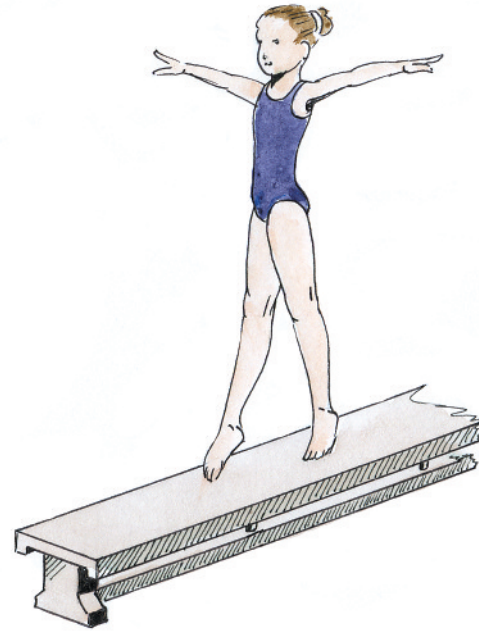
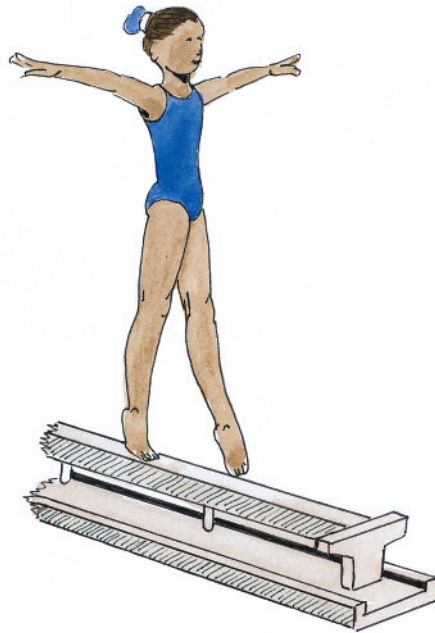
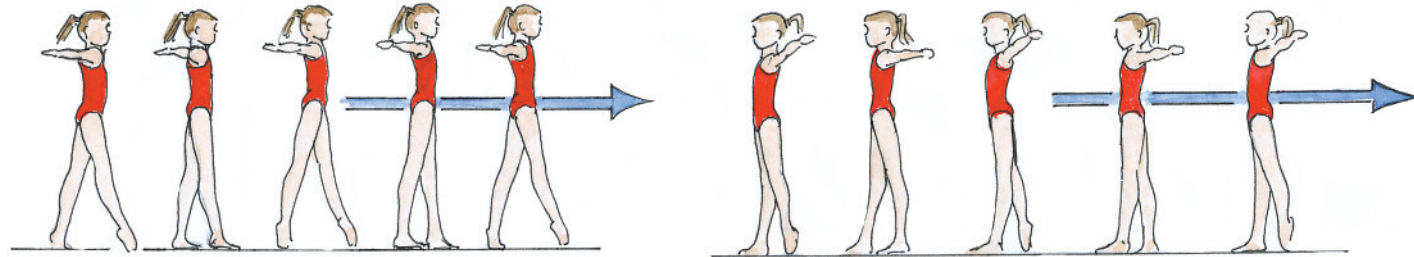


2.1

Walking Along Balancing Beam/Bench

LEVEL 2 • SKILL CARD 1



Guidance Notes

1. Stand up straight, face direction of travel, look 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 along the line, bench or beam on high toes, pointing each foot and maintaining a flat back, by ensuring the 'suck and tuck' (see Level 1 skill card 1) position is held throughout.
4. Continue to walk the length of the line/bench/beam, placing toes, then ball of foot before transferring weight onto the leg. It is important in this form of walking that the gymnast remains in a stable balanced state. Stop with feet together lower to heels, and lower arms to side.

Teaching Points

Body

Stand up straight, head in line with body, chin up, look forward, 'suck and tuck'

Legs

Totally straight at the knees, slight turnout of leg, point feet, walk under control, place toe and ball of foot only. Straight line from shin, down instep to big toe.

Arms

Straight, out to the side, fingers slightly higher than shoulders and stretched.

Timing

Transfer of weight

Common Faults

Arch in lower back

Overbalancing

Not high on toes

Possible Cause

Unable to maintain 'suck and tuck' position

Failure to keep centre of gravity above base of support

Lack of strength in calf muscles and ankle area

2.2

Shoulder Stand

LEVEL 2 • SKILL CARD 2



2.2

Shoulder Stand

LEVEL 2 • SKILL CARD 2

Guidance Notes

In the shoulder stand balance, keep the legs straight and tight together, feet pointed. Hands push to elevate the hips to create a vertical line from shoulders through hips, legs and feet. Head is tucked in to facilitate the weight bearing on the shoulder area but ensure a clear space between chin and chest to allow comfortable breathing.

NB: To be considered a stable or static balance, the position needs to 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 pushing against hips or floor

Timing

Held still for 3 seconds

Common Faults

Weak shape shown

Rolling up onto neck opposed to shoulders

Losing balance

Possible Cause

Lack of body tension

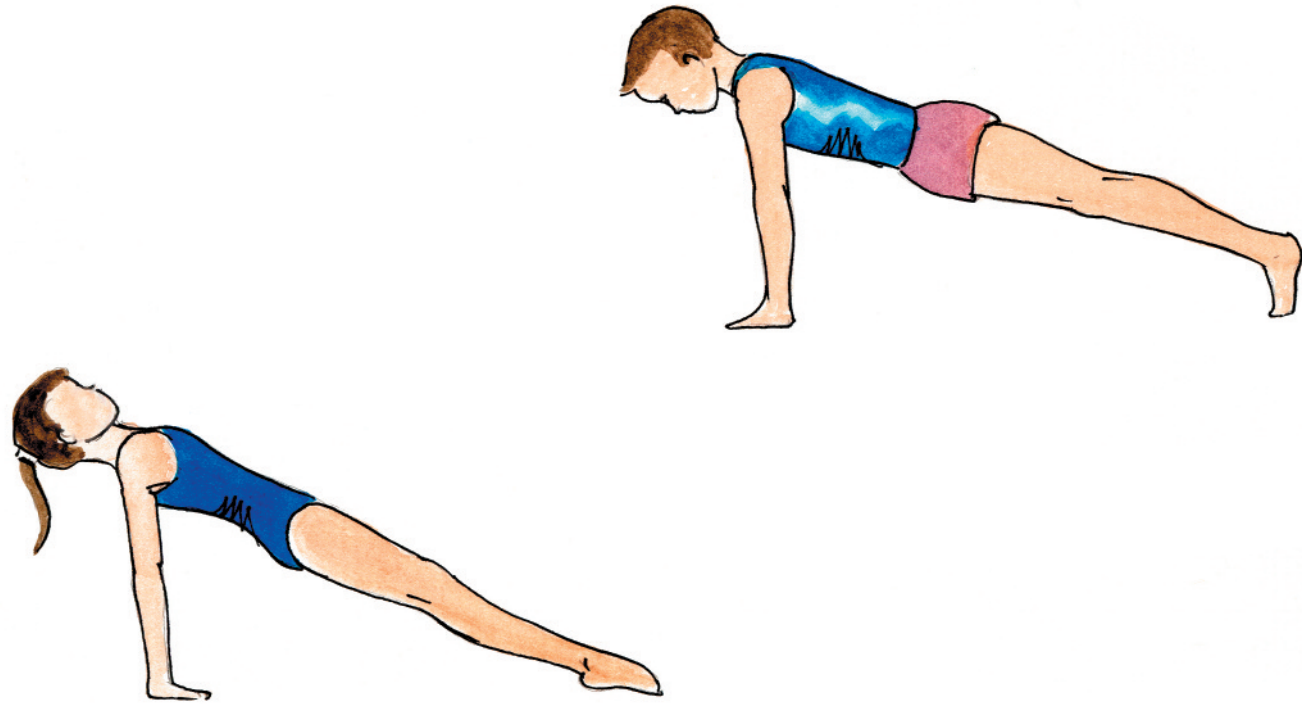
Shoulder stand - rolling up on to neck as opposed to shoulders

Centre of gravity falling outside the base of support

2.3

Front Support • Back Support

LEVEL 2 • SKILL CARD 3



2.3

Front Support • Back Support

LEVEL 2 • SKILL CARD 3

Guidance Notes

FRONT SUPPORT

In the front support position, the legs remain straight and tight together toes pointed to place balls of feet on floor. There should be a straight line from the head through the shoulders, hips and legs with the mid-section held in the 'suck and tuck' shape. The arms are held strong and straight to bear the weight of the body, hands placed shoulder width apart directly under the shoulders, fingers forwards.

BACK SUPPORT

The back support position is performed with straight legs held tight together heels on the floor and feet pointed. The back should remain flat and straight showing the 'suck and tuck' position, shoulders and head up and tummy up to the roof. There should be a straight line from the head through the shoulders, hips, legs and feet. The hands are placed directly under the shoulders, flat with fingers pointing towards toes. Bear the weight on strong straight arms.

NB: To be considered a stable or static balance, the position needs to 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 pushing against hips or floor

Timing

Held still for 3 seconds

Common Faults

Weak shape shown

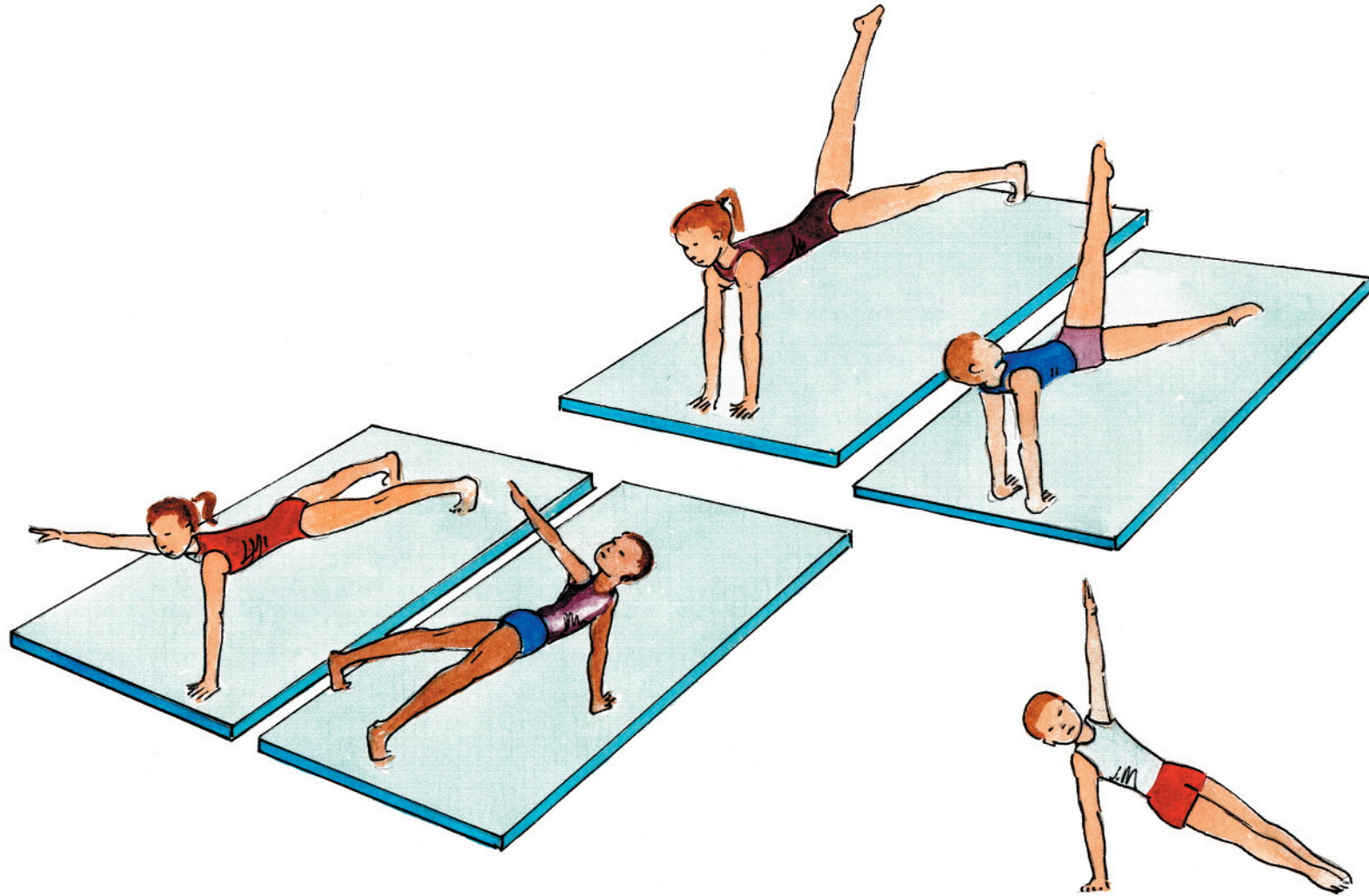
Possible Cause

Lack of body tension

2.4

3 Point Balances

LEVEL 2 • SKILL CARD 4



Guidance Notes

1. In the two hands one foot balance, the front or back support can be used with one leg elevated. The legs remain straight with the raised foot pointed. There should be a straight line from the head through the shoulders, hips and support leg. Arms strong and straight, bearing the weight on flat hands placed directly under the shoulders
2. In the two feet one hand balance, the front or back support can be used with one arm elevated. The legs remain straight with the raised arm stretched. There should be a straight line from the head through the shoulders, hips and legs. The support arm must be strong and straight, bearing the weight on a hand placed directly under the chest
3. In the side support position, the legs remain straight and tight together, one foot in contact with the floor, feet pointed. There should be a straight line from the head through shoulders, hips and legs with the whole body in tension. The support arm must be strong and straight, flat hand, with the free arm straight and pointing to the roof, creating a vertical line through the arms and shoulders

Teaching Points

Body

Held tight and strong, head in line with body

Legs

Tight and together or split in appropriate straight position

Arms

Strong and pushing against floor

Timing

Held still for 3 seconds

Common Faults

Collapsing
Sinking in middle

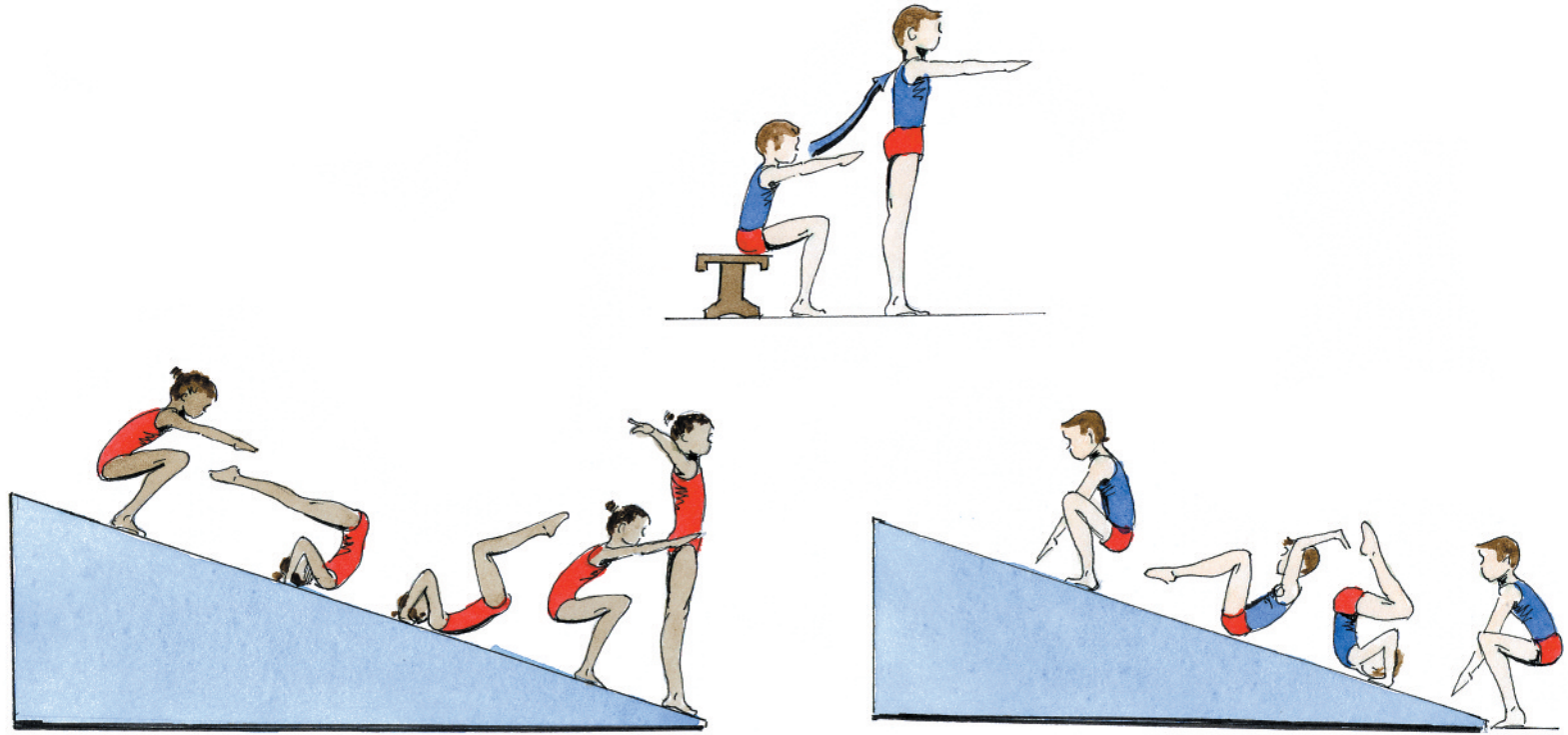
Possible Cause

Weak support position
Lack of body tension
No 'Suck and tuck' shown

2.5

Rolls

LEVEL 2 • SKILL CARD 5



Guidance Notes

1. Sit on a bench, knees, legs and feet tight together and body tilted forwards slightly, head in line with body and arms by the ears. Keeping the arms by the ears reach forward and up with the arms, take the body forward and press through the legs to stand fully stretched.
2. The forward roll down a slope accelerates the roll making it easier to recover to feet and reduces the necessity to push off with the hands to stand. From crouch position at the top of the slope, place the hands flat and shoulder width apart, tuck the head in and drive the legs straight, rolling over. Tuck the heels in quickly, and reach up and forwards with the arms to stand.
3. The backward roll down a slope accelerates the roll making it easier to recover to feet and reduces the problem of rolling over the head. From a crouch position at the top of the slope, begin to let the body fall backwards off balance, head tucked in. Tuck the fingers under the shoulders and roll over. Keep the heels tucked in, and as the hands contact the slope, push strongly through the arms to stand.

Teaching Points

Body

Held curled, head tucked in

Legs

Tight and together in appropriate tucked or straight position

Arms

Strong and pushing against floor

Timing

Smooth roll to stand

Common Faults

Rolling off line

Skidding along on landing

Losing balance out of roll

Possible Cause

Rolling over head

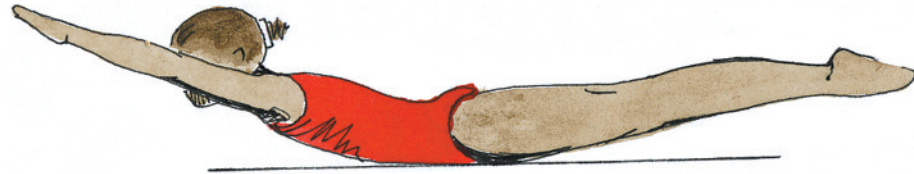
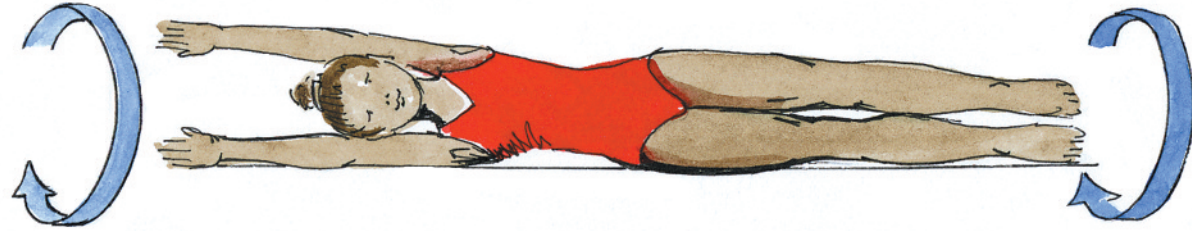
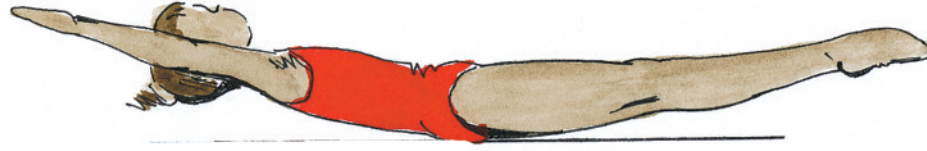
Slope too steep or pushing from feet too hard

Lack of body tension/too much momentum in roll

2.6

Dish and Arch Shape

LEVEL 2 • SKILL CARD 6



2.6

Dish and Arch Shape

LEVEL 2 • SKILL CARD 6

Guidance Notes

1. Lie on back, squeeze body tight and lift to a 'dish' shape, using the 'suck and tuck' position (see Level 1 skill card 1) to press the lower back into floor so that the lower back is the only part of the body on the floor. Keep arms straight and stretched by ears. Head is in line with the body and arms in line with head. Whole body tension is required to perform this roll.
2. Legs straight and tight together, with heels squeezed together, and feet pointed.
3. Maintain body tension, roll over sideways, to be on front, showing the 'arch' shape where the tummy is the only part of the body on the floor.
4. Whilst showing the 'arch' shape it is important to feel the heels squeezing together at the back since the gymnast can't see them. Keep the arms stretched forward with the head raised. Look forward to aid the arch position.

Teaching Points

Body

Show dish, 'suck and tuck' head in line with body

Legs

Straight and tight together, squeeze and feel heels together, feet pointed

Arms

Straight and tight by ears

Timing

Smooth roll over, complete half turn to stand

Common Faults

- Unable to show dish/arch shapes
- Leg separation
- Roll not smooth
- Shoulders touching floor during roll

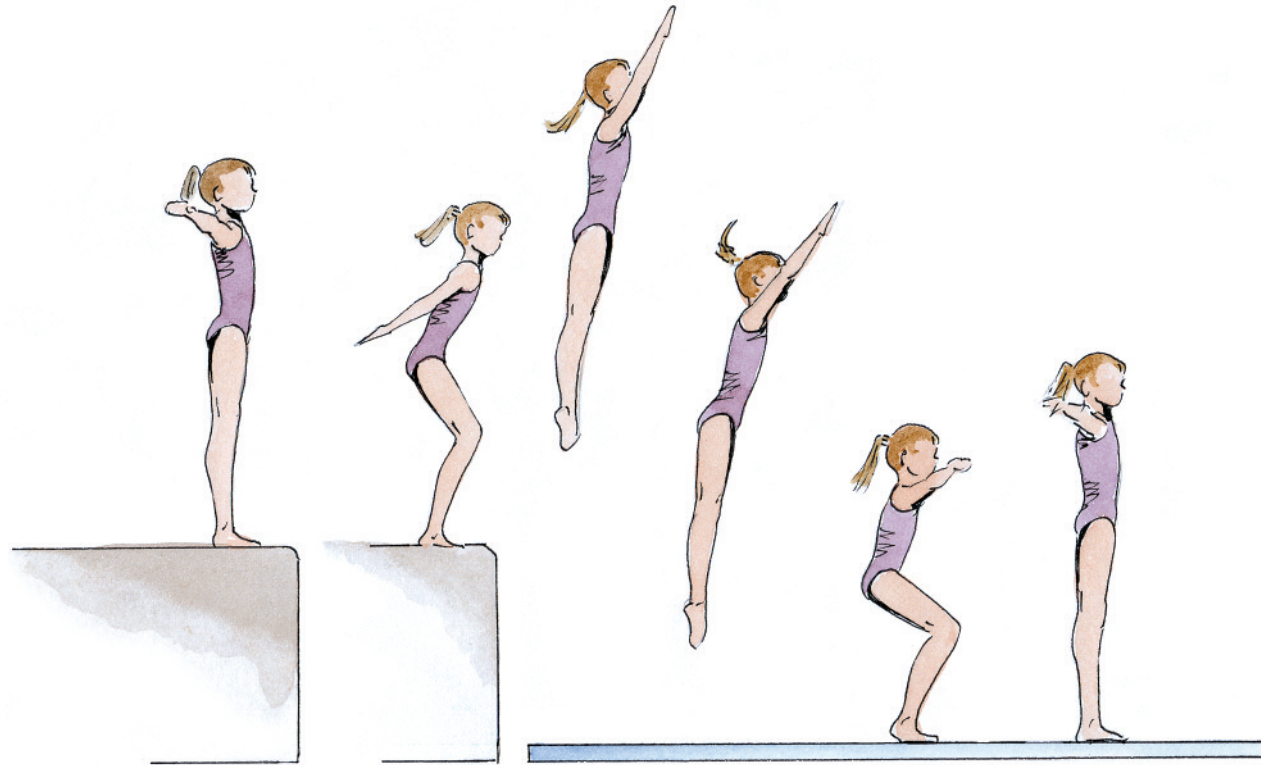
Possible Cause

- Weak stomach muscles

2.7

Jump and Land Off Platform

LEVEL 2 • SKILL CARD 7



2.7

Jump and Land Off Platform

LEVEL 2 • SKILL CARD 7

Guidance Notes

1. This is an important skill to learn to avoid injuries when landing from height, begin at a low height (see Level 1 cards 7 & 8) and progress to medium table or box top.
2. Keep the back flat and straight throughout by using the 'suck and tuck' shape (see card Level 1 skill card 1). 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 look forward and slightly down.
3. Begin standing on platform with straight legs. Bend the knees half way in preparation, then quickly drive legs straight, and press down with balls of the feet. The heels leave the floor, and lastly the toes. Ensure the gymnast has allowed the centre of gravity to fall forwards sufficiently, just slightly outside the base of support to enable the jump to travel upwards and away from the take off platform, get feet in front of centre of gravity for landing.
4. The arms begin from sideways shoulder level position, and circle backward and downward in preparation. The driving action of the legs is complemented by the forward and upward arm swing, which should stop just in front of the ears allowing a small transfer of momentum to the rest of the body. Keep the whole body tight in the air.
5. Land toes first, balls of feet, heels and allow knees to bend to half way (45° at knees, ankles and waist) absorbing the landing. The arms lower to horizontal forwards. There must be a noticeable 'suck and tuck' in the lower back in the landing position, with feet facing forwards, slightly apart and parallel (about 15 cm), the knees should bend forward over the toes on landing to avoid knee strain.

Teaching Points

Body

'Suck and tuck', curl lower back under when landing

Legs

Land toes, balls of feet, heels. Knee bend 90°, knees forward over toes, heels down on landing, feet, slightly apart, parallel, feet forwards,

Arms

Swing forward and upward to aid height, landing - arms horizontal forward

Timing

Absorb landing, pause showing landing shape (3 seconds)

Common Faults

Strain on ankles

Arch in back during flight

Heavy landing

Stepping forward on landing

Possible Cause

Landing all weight on balls of feet

Too high arm swing due to lack of body tension

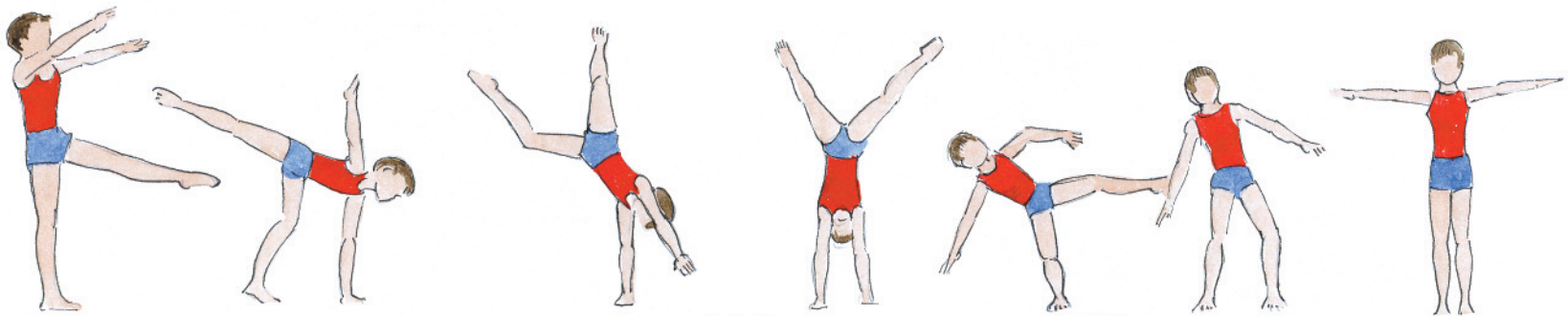
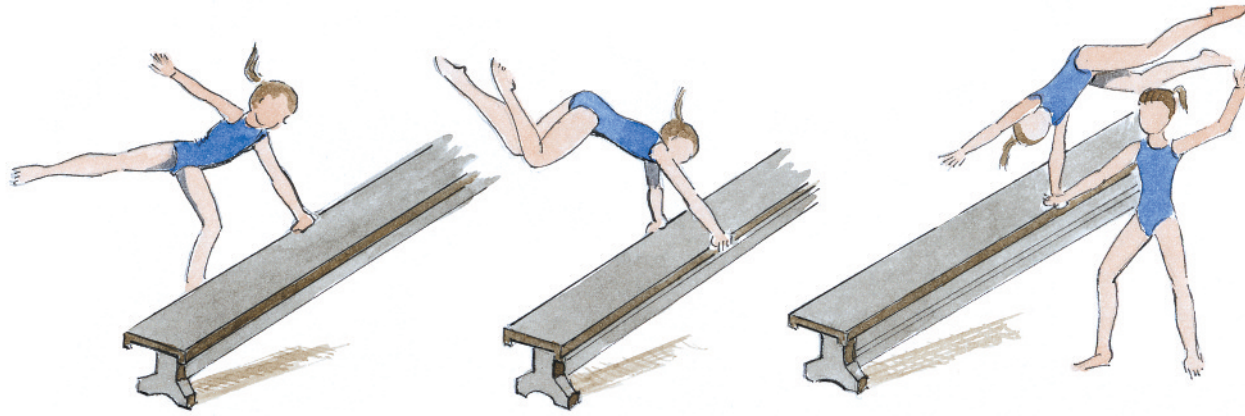
Getting into landing shape too soon

Over rotation

2.8

Cartwheel Progression

LEVEL 2 • SKILL CARD 8



2.8

Cartwheel Progression

LEVEL 2 • SKILL CARD 8

Guidance Notes

1. The cartwheel action is very important as a prerequisite to round off and consequently tumbling. It turns the gymnast sideways as they are moving forwards creating an accelerating effect.
2. Step forward with one foot stretched up, reach forward with the nearer hand, and, place on the bench / floor. Reach over the head with the far away hand and place it next on the bench / floor. Swing the far away leg over the top whilst driving off the near leg. The legs continue passing over the top of the body to land on the first foot then the second. It is the cartwheel action that is important at this stage i.e. hand, hand, foot, foot. (full leg extension is not required at this level).
3. As the near hand reaches down, the chest drops forward and down. This also facilitates a more powerful swing with the rear leg. The hands are placed flat and shoulder width apart as the body passes through a hips over hands shape, the gymnast should see the hand placement on the floor / apparatus.
4. Strong straight arms are required to bear the weight of the body as it passes over the top, a slight push through the arms will aid the recovery to feet.

Teaching Points

Body

Tight body, head back slightly to see hand placement

Legs

Swing the leg over (swinging leg), drive off the leg (the driving leg), swing and drive

Arms

Strong and straight, place hand-hand, shoulder width apart, flat hands, fingers pointing forward

Timing

Hand - hand - foot - foot

Common Faults

Showing back to bench during cartwheel

Not lifting hips over arms

Slow cartwheel action

Possible Cause

Wrong hand and foot sequence

Incorrect cartwheel action

Fear of going upside down

Not enough drive off leading leg