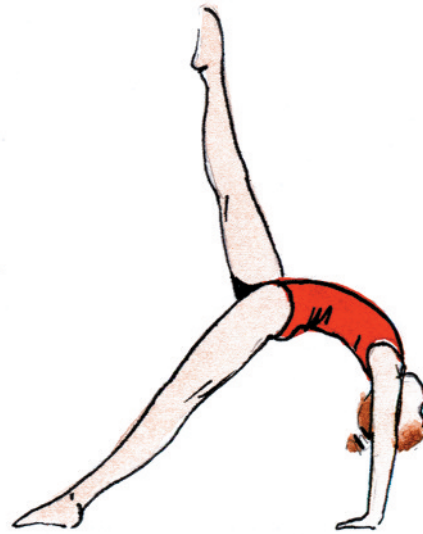
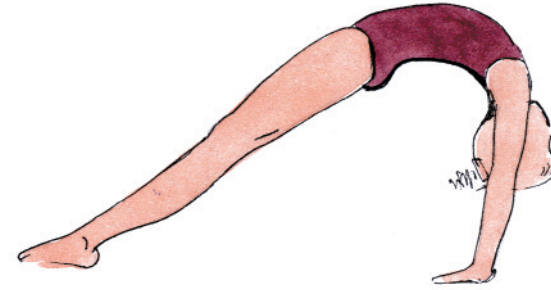
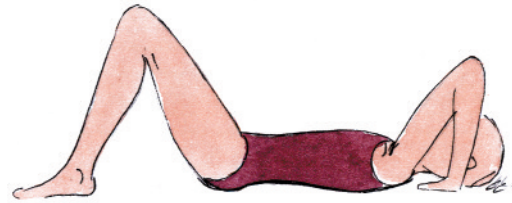


8.1

Bridge with one leg raised

LEVEL 8 • SKILL CARD 1



8.1

Bridge with one leg raised

LEVEL 8 • SKILL CARD 1

Guidance Notes

The bridge position with one leg raised should be held steady for 3 seconds. The raised leg should be as near to splits as possible, foot pointed. For correct bridge position refer to Level 5 card 9.

Teaching Points

Body

Tight body, head naturally in line with body, see hands

Legs

Straight and together, feet together, straight in splits

Arms

Shoulders over wrists, strong push through arms, flat hands shoulder width apart

Timing

Slowly enter position, hold for 3 seconds

Common Faults

Legs bent, feet apart

Wrists forward of shoulders

Head on floor

Sore lower back

Possible Cause

Lack of flexibility in thighs

Lack of flexibility in shoulders

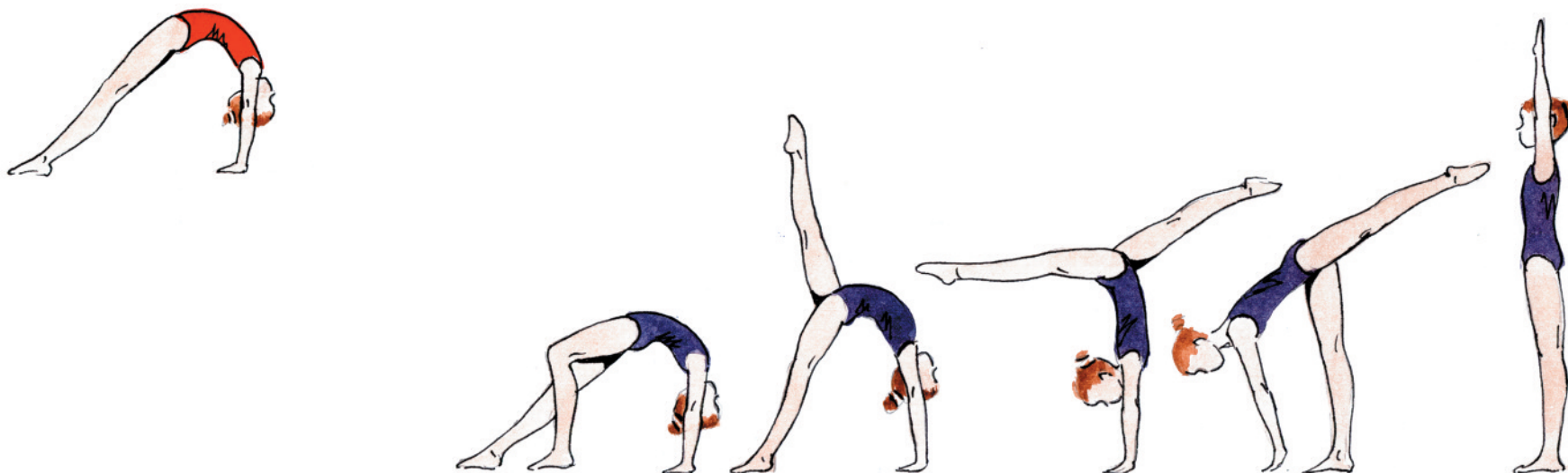
Weak arms

Back is doing all the work

8.2

Bridge walkover

LEVEL 8 • SKILL CARD 2



8.2

Bridge walkover

LEVEL 8 • SKILL CARD 2

Guidance Notes

1. From the bridge position, the gymnast should push the shoulders over the wrists, push with the support leg and continue leading with the raised leg high over the top to perform a bridge walkover. The gymnast should attempt to keep legs extended throughout.
2. It is helpful to learn the skill from a raised platform, i.e starting with feet on a box top or bench.

Teaching Points

Body

Tight body, head naturally in line with body, see hands

Legs

Straight and together, feet together, straight in splits

Arms

Shoulders over wrists, strong push through arms, flat hands shoulder width apart

Timing

Slowly enter position, hold for 3 seconds

Common Faults

Legs bent, feet apart

Wrists forward of shoulders

Head on floor

Sore lower back

Possible Cause

Lack of flexibility in thighs

Lack of flexibility in shoulders

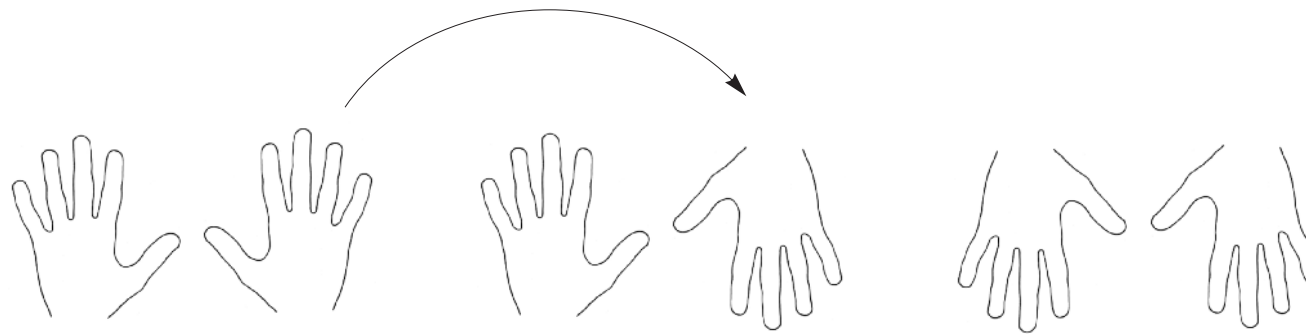
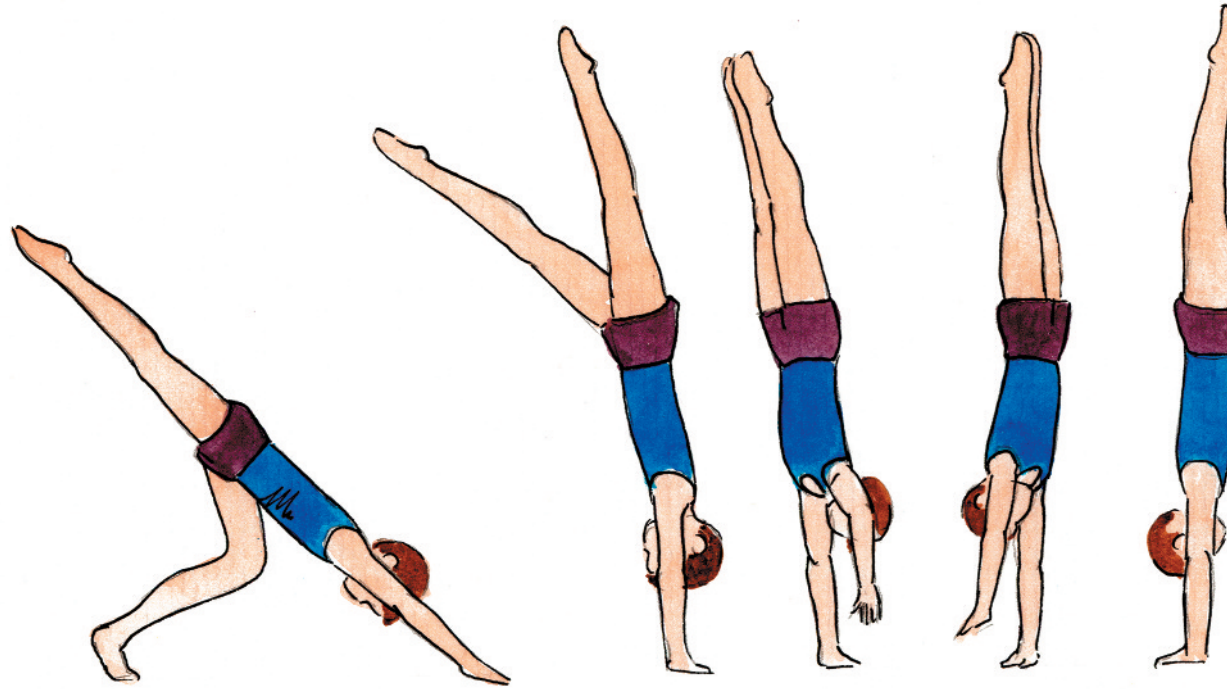
Weak arms

Back is doing all the work

8.3

Handstand half turn

LEVEL 8 • SKILL CARD 3



Starting position

1st Stage

Completed skill

8.3

Handstand half turn

LEVEL 8 • SKILL CARD 3

Guidance Notes

1. From standing straight with arms up and foot pointed in front, lift the lead leg and step forwards into a deep lunge. Simultaneously reach forwards and down with the arms, placing hands, fingertips first then palms flat, with wide fingers firmly gripping the floor. Hands are shoulders width apart with index finger pointing forwards.
2. Swing the rear leg up and push off the lead leg. The swing and push of the legs creates the required momentum to lift the hips above the hands. To bear the weight on the hands, the arms must maintain good support and hands push against the floor to extend shoulders. As the hips arrive above the hands there should be a deceleration by pushing firmly from the hands up through the body. The whole body should be held straight, eyes looking down to see fingers and fine control movements in straight balance are made through sensitive adjustments in pressure on the hand/fingertip area.
3. Once the correct handstand position is achieved with a straight body the turn can commence. The turn starts by lifting the same hand as the intended direction in which the gymnast wishes to turn. (I.E if the gymnast turns to the right, the right hand turns first). The hand rotates 180° degrees and should be replaced on the same spot on the floor. Once the right hand is replaced the left hand leaves the floor and rotates across the body 180° degrees to the right to finish in a handstand position. (It is essential for the gymnast to practice the hand placements prior to attempting this skill. Note illustration of hand placement on reverse of this card). Throughout the turn the gymnast should maintain a straight body and push upwards through their shoulders.
4. When the completed handstand position is achieved the gymnast can step out of the move by gradually releasing the abdominal muscles to allow the legs to be lowered to the floor. The landing foot is placed close to the hands, with the second foot landing further back to show the lunge position, before finishing standing straight.

Teaching Points

Body

Stretched, tight body, head tilted slightly to see hands, suck and tuck

Legs

High lead leg lift, lunge step, swing and push, legs tight together in air, feet pointed. Legs remain together throughout the turn

Arms

Flat hands shoulder width apart, place fingers first then palms. Movement of each hand should be a full 180°

Timing

Smooth entry, show handstand position before starting turn

Common Faults

Arched back

Bent legs, legs apart

Not passing through handstand

Falling out of the skill

Incomplete turn

Possible Cause

No 'suck and tuck' shape used

Poor body tension

Poor upper body strength

Turning too early

Poor handstand

Incorrect hand placements

8.4

Standing flic flac

LEVEL 8 • SKILL CARD 4



8.4

Standing flic flac

LEVEL 8 • SKILL CARD 4

Guidance Notes

1. From standing, arms by ears with a slightly closed shoulder angle, feet flat and together, the gymnast should feel the weight on the balls of the feet, lower arms to horizontal forward as the knees begin to bend.
2. The body should begin to fall backwards off balance as the knees continue to bend to approximately 120° with a simultaneous smooth downswing of the arms.
3. The body continues to rotate backwards and a powerful straightening of the legs adds rotation and backward thrust to create the desired long flight. The shoulders drive up and back and a strong arm swing is introduced to lead the body into the first flight phase.
4. The arms swing back to land on the hands with strong straight arms. Fingers are rotated inwards slightly, and the body slightly arched. Legs are straight.
5. The angle in the shoulder joint will close slightly as the body shape changes from an arch to a dish shape to initiate the snap down of the legs and the simultaneous push from the hands.
6. The thrust from the arms adds to the flight and rotation, to enable the snap up to occur with a high but short flight onto the feet.
7. The arms should continue to rise during the flight from the hands to the feet.

Teaching Points

Body

Change from arch to dish shape, head stays in line with body

Legs

Drive straight, tight together, snap legs down under body

Arms

Swing straight, arms by ears, hands rotate inwards slightly, shoulder width apart

Timing

Smooth at start then accelerates

Common Faults

Legs apart

Short flip

Driving head back before arms

Bent arms

Possible Cause

Lack of leg tension

Knees forward over toes on take off

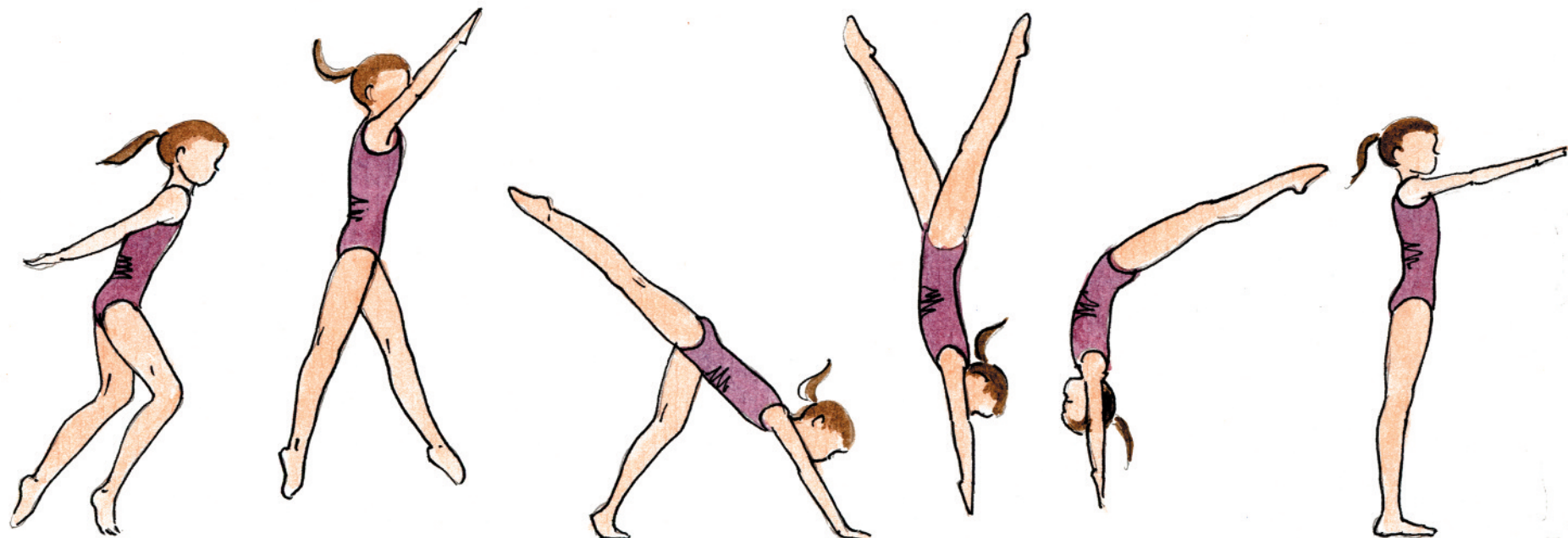
Lack of arm swing

Flip too low

8.5

Handspring to two feet

LEVEL 8 • SKILL CARD 5



Guidance Notes

1. Spring forwards from two feet, leaning forward slightly off balance, arms swing up by ears. Split the legs slightly in the air landing on the rear foot first, and then the front leg begins to take a long step forward.
2. The chest should drive downwards towards the floor to aid the powerful upswing of the rear leg. The hands contact the floor fingers then flat palms well in front of the body, shoulder width apart, and the body passes through the handstand shape very quickly.
3. A strong thrust from the arms is added just after the body passes through vertical. The body shape is quickly changed from a slight dish to an arch shape, and legs should be joined tightly together just after the vertical.
4. During the flight from the hands to the feet, the arms should be stretched and head held back as the feet are brought quickly under the body to the floor.
5. The feet contact the floor simultaneously, landing on the balls of the feet and the body is upright with hips and chest leaning forward, head up and arms back.

Teaching Points

Body

Chest close to thigh on entry, head should remain in line with hands while looking at the hands.

Legs

Join together quickly in air, joined just after vertical, snap heels down under body

Arms

Stay by ears, strong thrust off arms, hand placement shoulder width and flat

Timing

Accelerates the body

Common Faults

Landing in squat position
Late joining of legs
Legs bent

Possible Cause

Tucking head through
Lack of leg speed
Low handspring

Guidance Notes

1. From a longer run to a spring board, use the hurdle step as previously learned in level 3 to bounce from two feet, placing both hands on top of four sections of box, horse or high movement table, and perform a handspring vault to land on feet.
2. Swing both legs up by driving off the springboard and leading with the heels into the first flight. The drive and lead of the heels creates the required momentum to lift the hips above the hands. To bear the weight on the hands, the arms must stay strong and push into the box to extend the shoulders. As the hips and legs pass over the hands there should be a thrust through the shoulders by pushing firmly from the hands up through the body. The whole body should be kept in extension, head back slightly to see fingers.
3. The thrust is made just before the vertical handstand phase to take the body upwards and away from the box showing a good high second flight with a straight body shape before landing safely on the feet.

Teaching Points

Body

Totally straight and tight, head back slightly to see hands throughout, arched in first flight straight in second flight

Legs

Legs tight together, feet pointed, drive heels into first flight

Arms

Thrust through shoulders just before vertical handstand phase, straight arms

Timing

Fast action, arched in first flight - straight in second flight

Common Faults

Hips in leading through vertical
Bent arms in support
Piked first flight
Bent legs
No thrust off

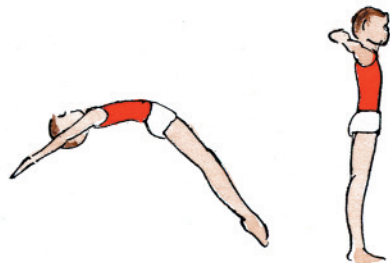
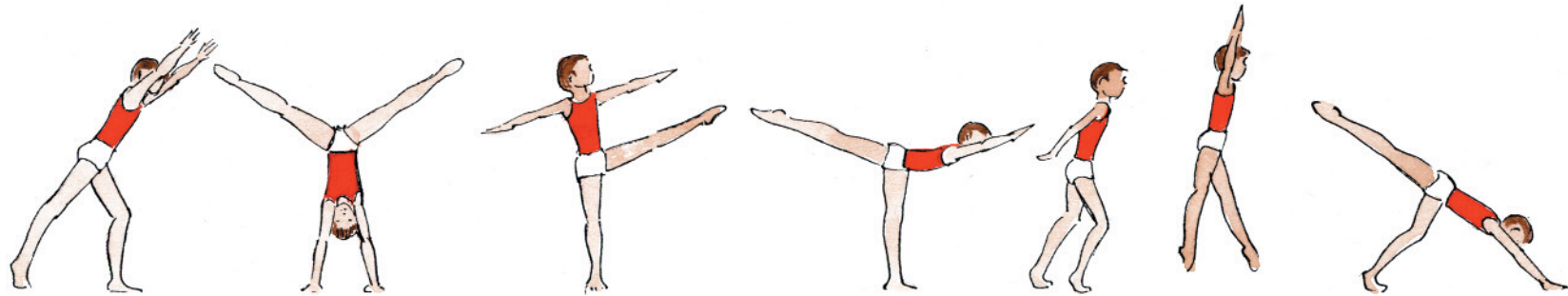
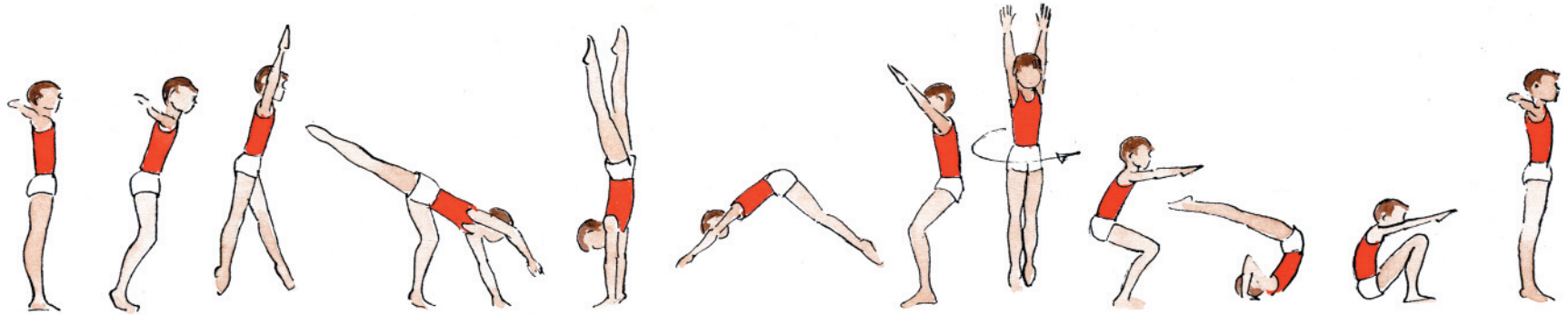
Possible Cause

Lack of speed in legs
Lack of understanding of thrust action
Tucking head in
Lack of tension
Weak shoulder muscles

8.7

Individual sequence

LEVEL 8 • SKILL CARD 7



Guidance Notes

1. As in any sequence there should be a contrast between static and travelling skills which the gymnast can perform, such as rotational moves, flight, twisting, inversion, and static balances.
2. The sequence should show contrasts of level, e.g. low, medium, high, as well as flighted skills.
3. Contrasts in speed should be included, where there are slow to medium to fast acceleration movements and static balances.
4. Contrasts in strength and flexibility should be included where some selected skills show a good range of movement, perhaps a split or straddle stretch. Strength holds or movements should also form part of the sequence.
5. The skills selected should show a wide range of movement skills, and there should be an even distribution of acrobatic type movements and dance skills where appropriate, leading to high points in the sequence.
6. Finally, there should be adequate use of the floor space, covering the length of the floor strip with variations of direction.
7. Perform a sequence to include one balance, one jump and four other elements all linked together showing contrasts in level, speed, strength and continuity.

Teaching Points

Body

Legs

Arms

Timing

Common Faults

Breaking the series of moves
 Domination of skills
 Lack of variation
 Poor use of floor area

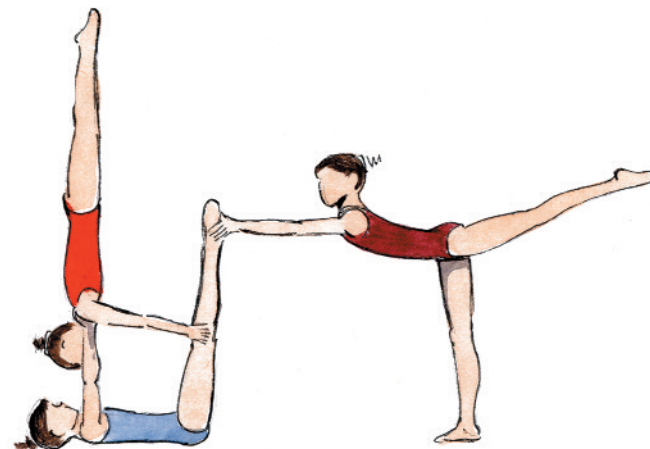
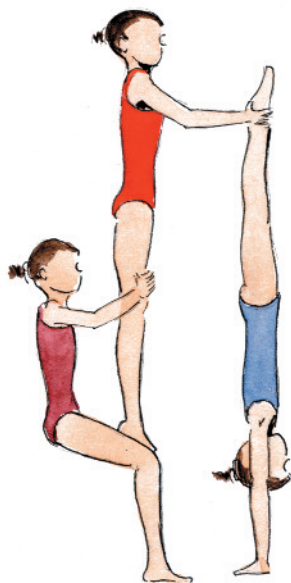
Possible Cause

Skills chosen do not lead into the next
 Chosen too many of the same kind of skill
 Limited range of skills to use
 Skills chosen do not travel far enough

8.8

Group sequence

LEVEL 8 • SKILL CARD 8



Guidance Notes

1. As in any sequence there should be a contrast between static and travelling skills such as rotational moves, flight, twisting, inversion, and static balances.
2. The sequence should show contrasts of level, e.g. low, medium, high, as well as flighted skills.
3. Contrasts in speed should be included where there are slow to medium to fast acceleration movements. Static balances should be held still for 3 seconds.
4. The skills selected should show a wide range of movement skills, and there should be an even distribution of acrobatic type movements and dance skills, leading to high points in the sequence.
5. Finally, there should be adequate use of the floor space, covering the length of the floor strip with variations of direction.
6. Perform a group sequence with 2 - 3 people per group to include three whole group balances and four other elements of your choice linked together with dance movements (music optional).

NB: Balances shown are ideas and not prescriptive.

Teaching Points

Body

Skills chosen do not lead into the next

Legs

Chosen too many of same kind of skill

Arms

Limited repertoire of skills to use

Timing

Skills chosen do not travel far enough

Common Faults

- Feet kicking out to roof
- Bent legs in straddle
- Far too wide straddle
- Elbows falling on floor during push

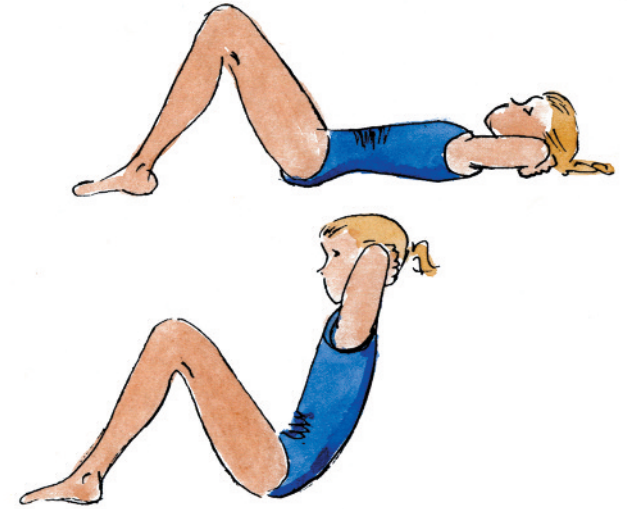
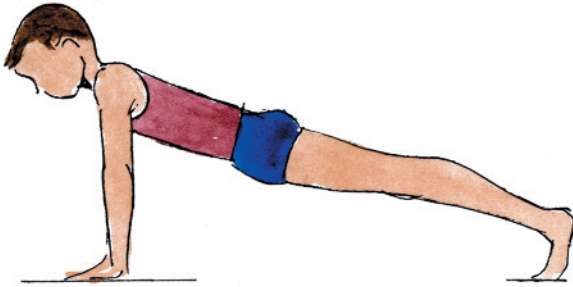
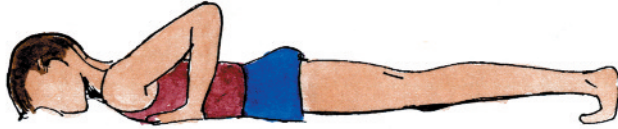
Possible Cause

- Lack of tension in legs
- Incorrect foot placement
- Weak arm and shoulder muscles

8.9

Conditioning card (Strength)

LEVEL 8 • SKILL CARD 9



Guidance Notes

- 5 x PRESS UPS Begin flat hands placed shoulder width apart directly under shoulders, fingers point forward, arms straight in support. Body straight from head to feet, legs together. Bend the arms keeping elbows tucked in lowering body to the floor and press back up again. Primarily develops muscles of the chest and back of upper arms.
- 10 X SIT UPS Begin lying flat on back with knees bent feet on floor, legs tight together. Place fingers lightly by side of head, elbows outward. Curl the body by lifting head first then shoulders to lift the upper body clear off the floor, lower again to lying. Primarily develops the abdominal muscles.
- 5x BACK ARCHES Begin lying flat on floor on tummy, arms stretched forward, raise straight legs and chest and arms from the floor and hold for 3 seconds before lowering gently to the floor. Primarily develops muscles of the back, particularly the spinal erectors.

Teaching Points

Body

Legs

Arms

Timing

Common Faults

- Elbows bending outward in press up
- Arch back in press up
- Neck pain in sit ups
- Unable to sit up
- Arch position not held
- Shoulders and legs not lifting together

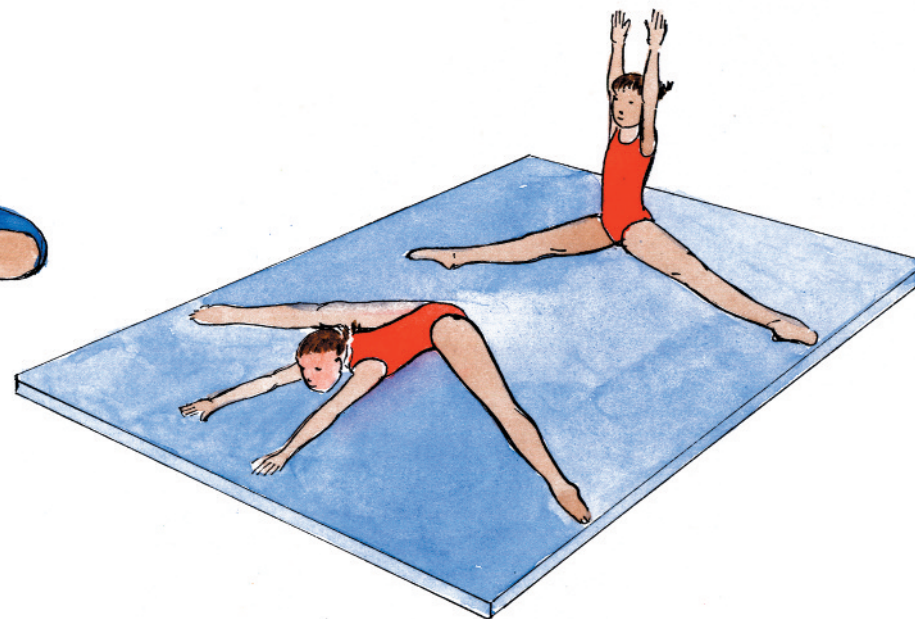
Possible Cause

- Fingers pointing inward
- No suck and tuck shape held
- Fingers holding head and pulling
- Very weak tummy muscles
- Lack of co-ordination

8.10

Conditioning card (Flexibility)

LEVEL 8 • SKILL CARD 10



8.10

Conditioning card (Flexibility)

LEVEL 8 • SKILL CARD 10

Guidance Notes

- **LUMBER FOLD** Starting on the floor, straight legs together, feet pointed. The back should be flat and straight, tummy pushed forward, arms stretched up. Lie the upper body forward onto the straight legs as far as possible reaching for the toes and hold. This primarily stretches the muscles at the back of the upper leg and lower back.
- **STRADDLE SIT** Start sitting on the floor in a wide straddle, straight legs with knees pointing up to roof, feet pointed. Holding arms stretched up by ears, body upright with tummy pushed forward, lean the body straight forward as far as possible and hold. This primarily stretches the inner thighs, back of upper legs and lower back.
- **SHOULDER STRETCH** Begin sitting on the floor, hands placed behind body, flat and shoulder width apart, palms downward with fingers pointing away from body. Carefully slide the hips away from the hands as far as possible and hold. This primarily stretches the front shoulder muscles.

Teaching Points

Body

Legs

Arms

Timing

Common Faults

- Bent at the knees
- Curl the spine
- Knees rolled inward in straddle sit
- Pain during stretches
- Hands too wide
- Neck pain

Possible Cause

- Trying to stretch further than able
- Trying to take head onto knees
- Poor flexibility
- Stretching too far (N.B just to point of slight)
- Trying to go further than able
- Head back, try chin on chest for comfort