

Gymsport Practical Competencies

ACROBATICS

Intermediate	Advanced	Advanced Silver	High Performance
<p>Principles Of Acro Effectively plan, implement and teach Principles of Acro activities.</p> <ul style="list-style-type: none"> • Points of support and weight transfer • Basic grips and hand and feet positions • The role of the base, top, middle and “spotter” • Entry, exit and readiness • Principles of good posture 	<p>Principles of Acro Effectively plan, implement and teach Vaulting activities.</p> <ul style="list-style-type: none"> • Routine development and construction • Shaping and specific ACR conditioning • Group A Handstands • Press to Handstand • Split press to handstand • Straddle Lever • Half Lever 	<p>Principles of Acro Effectively plan, implement and teach Vaulting activities.</p> <ul style="list-style-type: none"> • Routine requirements • Tariff sheets • FIG tables of Difficulty • Points of support • Talent identification • Group B Handstands - Overarch and Super Arch • 'Group C to E Handstands Jaegar, Flag and Planche 	<p>Principles of Acro Effectively plan, implement and teach all Vaulting activities.</p>
<p>Individual skills Effectively plan, implement and teach Individual Skills activities.</p> <ul style="list-style-type: none"> • Forward and backward rolls • Handstand • Limbers • Cartwheels - side and step in • Courbette / snapdown 	<p>Individual Skills Effectively plan, implement and teach Individual Skills activities.</p> <ul style="list-style-type: none"> • Round-off • "Balance - Crocodile" • Flex - Healy • Front handspring • Agility - Flic step out • Round-off back handspring • Back tuck salto • Front tuck salto 	<p>Individual Skills Effectively plan, implement and teach Individual Skills activities.</p> <ul style="list-style-type: none"> • Chest stand • Elbow walk over to split • Tuck sault to knee • Split press to handstand • Valdez • Flic tuck and flic layout • Handspring front salto • Arabian salto • Side salto • Layout to split • Straight back salto with 360' 	<p>Individual Skills Effectively plan, implement and teach all Individual Skills activities.</p>

<p>Pair Balance Effectively plan, implement and teach Pair Balance activities.</p> <ul style="list-style-type: none"> • Bird on feet • Supported handstand on feet • Standing on shoulders • Standing on thighs 	<p>Pair balance Effectively plan, implement and teach pair balance activities.</p> <ul style="list-style-type: none"> • "Unsupported hstd • tuck/straddle /pike hold" • base lying down - holding tops foot in tied hands. Top performs various optional poV • Straddle on low candle • standing on hands • handstand on shoulders with support from base OR top standing on 1 leg on shoulder of Base • Crocodile on split head/hand • base slide to split / Stand to sit 	<p>Pair balance Effectively plan, implement and teach pair balance activities.</p> <ul style="list-style-type: none"> • Unsupported and high handstand • 1 ft to stand in hand (1:1) • 2:2 Standing high • 2:2 PoV high candle • 2:1 straddle on bridge • 1 arm back birdie • 2:1 top PoV • high candle to low (P) Base 180 (p) • "1 ft standing high (1:1) • Top optional PoV" • 2:2 handstand; POV with motion 2:1/1:1 • 1 arm inverted split 	<p>Pair balance Effectively plan, implement and teach pair balance activities.</p>
<p>Trio Balance Effectively plan, implement and teach Trio Balance activities</p> <ul style="list-style-type: none"> • Category 1 – Two bases, top stands on lower back of base and middle • Category 2 – Front support pyramid (two tops) • Category 3 – One base in different positions • Category 4 – Middle on shoulders of base • Category 5 – Standing on thighs with support (middle on feet of base) 	<p>Trio Balance Effectively plan, implement and teach Trio Balance activities</p> <ul style="list-style-type: none"> • L5 trio supported and unsupported handstand • Base in lunge, M in straddle on B's back leg (supporting hand on B's shoulder). T standing on B's shoulders. • Base - 1 arm bunk, free arm extended. Middle lies on Base with legs straight, head towards Base's knees. Middle may hold 	<p>Trio Balance Effectively plan, implement and teach Trio Balance activities</p> <ul style="list-style-type: none"> • B& M Side by side bridge, T in position value >2 (hand to foot) • B&, Handstand Teepee, T in press to handstand • B in bridge, M in semi supported handstand, T in POV >2 (hand to foot) • B in bridge, M in bridge, T in POV > 3 • B in split, M stand on shoulders holding high, T 	<p>Trio Balance Effectively plan, implement and teach all trio balance activities</p>

	<p>onto Base. Top performs a tuck hold on Middle's feet Perhaps Page 73 Row E skill 4 value 7 OR Page 74 Row D Skill 1 Value 5.</p> <ul style="list-style-type: none"> • "Top performs tuck lever on middles feet. Middle is supported by Base's feet. Base lying, legs straight and vertical. Base and middle hold hands " 	<p>in POV.</p> <ul style="list-style-type: none"> • "Top performs tuck lever on middles 1 foot. Middle is supported by Base's 1 foot. Base lying, legs straight and vertical. Base and middle hold hands " • B in lunge, M in arch handstand holding B's waist, B supporting under M's thigh, T in POV hand to body) 	
<p>Pair Dynamic Effectively plan, implement and teach Pair Dynamic activities.</p> <ul style="list-style-type: none"> • Dynamic – Assisted straight jump • Dismount – Straight jump off back • Bird on feet, pop and re-catch • Foot pitch straight jump 	<p>Pair Dynamic Effectively plan, implement and teach Pair Dynamic activities</p> <ul style="list-style-type: none"> • Foot pitch straight jump • Back pike from hands • Bird pop re catch • Pitch to Catch feet 	<p>Pair Dynamic Effectively plan, implement and teach Pair Dynamic activities</p> <ul style="list-style-type: none"> • "Front layout over head throw from thigh or R/O salto over head" • Back layout from hands ≥ 180 twist • Pitch catch bird - this should go into bronze • Pitch to Catch Handstand - Cascade • Front layout overhead ≥ 180 twist • Double salto from pitch or hands • Handspring to handstand • Stand in Hands recatch - 180 twist recatch or courbette recatch 	<p>Pair Dynamic Effectively plan, implement and teach all Pair Dynamic activities</p>
<p>Trio Dynamic Effectively plan, implement and</p>	<p>Trio dynamic Effectively plan, implement and</p>	<p>Trio dynamic Effectively plan, implement and</p>	<p>Trio dynamic Effectively plan, implement and</p>

<p>teach Trio dynamic activities.</p> <ul style="list-style-type: none"> • Dynamic – Jump from floor to basket • Dismount – Double foot pitch straight jump • Catch – Sit in platform, throw to dish in basket 	<p>teach Trio dynamic activities.</p> <ul style="list-style-type: none"> • Boost skill, straight jump platform/pitch layout salto • 3/4 front salto platform to basket • Handstand Release to 1/4 to catch in basket 	<p>teach Trio dynamic activities.</p> <ul style="list-style-type: none"> • Front layout overhead L6 1C • Platform or pitch Back layout ≥ 180 twist • "Helicopter 2/4 ≥ 180 OR • 4/4 pike to wrap from basket" • Handstand release 3/4 scoop to catch in basket • Round off double salto • Pitch/platform 4/4 salto ≥ 360 • Platform layout recatch • Handstand on platform , throwing and/or catch in handstand 	<p>teach all Trio dynamic activities.</p>
<p>Dance Choreography Musicality Effectively plan, implement and teach Dance Choreography Musicality activities.</p> <ul style="list-style-type: none"> • Basic ballet positions • Basic ballet barre complex • Demonstrate an understanding of different beats • Body movements at different tempos • Selection of age appropriate music 	<p>Dance Choreography musicality Effectively plan, implement and teach Dance Choreography musicality activities.</p> <ul style="list-style-type: none"> • Demonstrating floor coverage and use of the 3D space. • Recognise themes and emotions of music by preparing a piece of choreography with varied movements, relationships and accents. 	<p>Dance Choreography musicality Effectively plan, implement and teach Dance Choreography musicality activities.</p> <ul style="list-style-type: none"> • Musical interpretation • Variety of music and choreography to communicate a story line or theme. • Selection of leotards/attire to suit the composition of the choreography. • Demonstrate three choreographed pieces of different styles/themes/story lines. 	<p>Dance Choreography musicality Effectively plan, implement and teach all Dance Choreography musicality activities.</p>

AEROBICS

Intermediate	Advanced	Advanced Silver	High Performance
<p>Acrobatic Skills Effectively plan, implement and teach Acrobatic skills activities.</p> <ul style="list-style-type: none"> • Fwd roll • Bwd roll 	<p>General Effectively plan, implement and teach General activities.</p> <ul style="list-style-type: none"> • Routine development and construction • Strength and conditioning • Include Plyometric Training 	<p>Acrobatic Skills Effectively plan, implement and teach Acrobatic skills activities.</p> <ul style="list-style-type: none"> • Round-off • Headspring • Forward Handspring • Back handspring • Saltos – fwd / bwd / sideways 	<p>Acrobatic Skills Effectively plan, implement and teach all Acrobatic skills activities.</p>
<p>Static Strength Effectively plan, implement and teach Static Strength activities.</p> <ul style="list-style-type: none"> • L Support • Straddle 	<p>Acrobatic skills Effectively plan, implement and teach Acrobatic skills activities.</p> <ul style="list-style-type: none"> • Dive roll • Handstand • Cartwheel • Handstand forward roll • Bwd roll to handstand • Walkovers – forward / backward 	<p>Static Strength Effectively plan, implement and teach Static Strength activities.</p> <ul style="list-style-type: none"> • 1/1 turn in support (L, straddle, V, lever) 1/1 turn straddle support • Moldovan 1/1 • Straddle planche 	<p>Static Strength Effectively plan, implement and teach all Static Strength activities.</p>
<p>Dynamic Strength Effectively plan, implement and teach Dynamic Strength activities.</p> <ul style="list-style-type: none"> • Push up • Tricep Push up 	<p>Static strength Effectively plan, implement and teach Static strength activities.</p> <ul style="list-style-type: none"> • Straddle V support • V support • Horizontal support • ½ turn in support 	<p>Dynamic Strength Effectively plan, implement and teach Dynamic Strength activities.</p> <ul style="list-style-type: none"> • Plio PU ,Explosive A Frame • PU 1/1 to PU • Wenson hinge, free Wenson, free Wenson hinge or lateral PU • High V support ½ PU, to split 	<p>Dynamic Strength Effectively plan, implement and teach all Dynamic Strength activities.</p>

		<ul style="list-style-type: none"> • Double leg circle, Flair • Helicopter , Helicopter to split 	
Turns and Split Elements Effectively plan, implement and teach Turns and Split Elements activities <ul style="list-style-type: none"> • Splits / Vertical Split / pancake 	Dynamic Strength Effectively plan, implement and teach Dynamic Strength activities. <ul style="list-style-type: none"> • Wenson push-up • A Frame 	Turns and Split Elements Effectively plan, implement and teach Turns and Split Elements activities <ul style="list-style-type: none"> • Free support balance (frontal, lateral, vertical split) • Balance full turn • 1 ½ , 2/1 turn • 1/1 horizontal to vertical split • 1/1 to vertical split • Free vertical split • Illusion to vertical split 	Turns and Split Elements Effectively plan, implement and teach all Turns and Split Elements activities
Jumps and Leaps Effectively plan, implement and teach Jumps and Leaps activities <ul style="list-style-type: none"> • Straight Jump • Tuck jump • Jumps with 1/2 and full turns • Air Jack • Stride leap • Scissor leap 	Turns and split elements Effectively plan, implement and teach Turns and split elements activities <ul style="list-style-type: none"> • Illusion • 1 turn to Vertical Split 	Jumps and Leaps Effectively plan, implement and teach Jumps and Leaps activities <ul style="list-style-type: none"> • 1 ½ and 2/1 • 1 ½ and 2/1 to PU • ½ turn Forms, ½ and ½ • ½ turn Forms ½ to split • ½ turn Forms ½ to PU • Straddle jump • Butterfly • Off axis 	Jumps and Leaps Effectively plan, implement and teach all Jumps and Leaps activities
Choreography Effectively plan, implement and teach Choreography activities. <ul style="list-style-type: none"> • Music and Musicality • Aerobic Content • Transitions 	Jumps and Leaps Effectively plan, implement and teach Jumps and Leaps activities <ul style="list-style-type: none"> • Straddle / Pike jumps • Jumps with rotation to feet - Str, T, Coss, Spl, 	Choreography Effectively plan, implement and teach Choreography activities. <ul style="list-style-type: none"> • Produce 1/2 or full routine • Insert given elements • Produce choreography 	Choreography Effectively plan, implement and teach all Choreography activities.

<ul style="list-style-type: none"> • Links • Lifts and interactions • Space and Formations • Artistry 	<p>Str, Pi</p> <ul style="list-style-type: none"> • Jumps with rotation to split landings - Str, T, Coss, Spl, Str, Pi • Switch Split Leap • Free fall , ½ turn, gainer, 1/1 to PU • Forms to PU • ** straight, tuck, cossack, split, straddle, pike 	<p>notes</p>	
	<p>Choreography Effectively plan, implement and teach Choreography activities.</p> <ul style="list-style-type: none"> • Complexity • Transitions/linking • AMPs - Arms / Legs • Opening and Endings 		

GfA Specific Assessment Competencies

Intermediate	Advanced	Advanced Silver	High Performance
<p>Tumbling Effectively plan, implement and teach Tumbling activities.</p> <ul style="list-style-type: none"> • Handstand • Forward / backward roll • Cartwheel • Limbers/ walkovers • Round-off 	<p>Tumbling Effectively plan, implement and teach tumbling activities.</p> <ul style="list-style-type: none"> • Dive rolls • Back handsprings • Front saults • Back saults • Aerial cartwheel / side sault • Front handspring • Skill connections 	<p>SynchroTumbling Effectively plan, implement and teach Synchro tumbling activities.</p> <ul style="list-style-type: none"> • Tumbling runs - skill combinations • Synchronisation • Intensification 	Not applicable
<p>Spring – Mini-Trampoline, Trampoline, Vault Effectively plan, implement and teach Spring activities.</p> <ul style="list-style-type: none"> • Landings from height • Jumps and shapes • Hurdle step to jump take-off • Over, around, along, through • Tramp drops: hand & knees, seat, front, back • Equipment set-ups 	<p>Spring – mini trampoline, trampoline, vault Effectively plan, implement and teach spring activities.</p> <ul style="list-style-type: none"> • Synchronised • Dive rolls • Back saults • Front saults • Front drop twists • Back drop twists • Basic tramp combos 	<p>Spring – mini trampoline, trampoline, vault Effectively plan, implement and teach spring activities.</p> <ul style="list-style-type: none"> • Front layout • Back layout • Front layout 180-360° twist • Back layout 180-360° twist • Intensification • Springing performance • Mini-tramp vaulting 	
<p>Swing - Bars Effectively plan, implement and teach Swing activities.</p> <ul style="list-style-type: none"> • Long swing • Swing in support • Pullover 	<p>Combinations and explorations Effectively plan, implement and teach combinations and explorations activities.</p> <ul style="list-style-type: none"> • Traditional equipment • Homemade equipment 	<p>Developing and Using Innovative Equipment Effectively plan, implement and teach using bigger equipment innovatively activities and safety considerations:</p>	

<ul style="list-style-type: none"> • Back hip circle • Under swing • Glide swings 	<ul style="list-style-type: none"> • Recycled equipment 	<ul style="list-style-type: none"> • Ideas for building new styles of equipment 	
<p>Acrobatics Effectively plan, implement and teach Acrobatics activities</p> <ul style="list-style-type: none"> • Front support skills • High stands • Birdie on feet • Box on box 	<p>Acrobatics Effectively plan, implement and teach acrobatics activities</p> <ul style="list-style-type: none"> • Basket pitch and catch • Swing pitches • swing catches • Single pitch jump • Double foot pitch jump • Birdie pop to recatch • Standing on shoulders 	<p>Acrobatics Effectively plan, implement and teach acrobatics activities</p> <ul style="list-style-type: none"> • Creative entries, combinations and exits • Safety - the ins and outs • Using choreography/dance • Using gymnastics skills • Using apparatus • Pitch salto • Group balances 	
<p>Small Equipment Effectively plan, implement and teach small equipment activities.</p> <ul style="list-style-type: none"> • Elastic bands • Pool noodles • Tunnels • Scarves 	<p>Using bigger equipment innovatively Effectively plan, implement and teach using bigger equipment innovatively activities. and safety considerations:</p> <ul style="list-style-type: none"> • Crashmats • Air mats • Shapes • Swiss balls 	<p>Rope skipping Effectively plan, implement and teach rope skipping activities.</p> <ul style="list-style-type: none"> • Single • Long • Double dutch • Combinations • routines • Competitions and display opportunities around the world 	
<p>Hand Apparatus Effectively plan, implement and teach hand apparatus activities.</p> <ul style="list-style-type: none"> • DMP's for apparatus • Throws • Rotation • Rolls • Passing around body 	<p>Group Activities Effectively plan, implement and teach group activities.</p> <ul style="list-style-type: none"> • Exchanges • Hand apparatus in group routines • Juggling • combining other apparatus 	<p>Choreography and Dance Effectively plan, implement and teach choreography and dance activities.</p> <ul style="list-style-type: none"> • Dance styles • Advanced movement Synchronisation • Large group performance 	

<ul style="list-style-type: none"> • Passing under body 	<ul style="list-style-type: none"> • Display formations from Gymbuddies 	<ul style="list-style-type: none"> • Rules and regulations • Travelling OS - what you to prepare 	
<p>Dance and Choreography Effectively plan, implement and teach dance and choreography activities.</p> <ul style="list-style-type: none"> • Movement to Music • Moving together • Travelling • Music mapping • Structure of a Routine • Formations • Transitions • Performance 	<p>Choreography and dance Effectively plan, implement and teach choreography and dance activities.</p> <ul style="list-style-type: none"> • Performance Skills • Movement changers • Elements of choreography • Choreography with/ on apparatus • Performance • Displays across the spectrum- age and abilities • Displays with people with disabilities 		

KG Specific Assessment Competencies

Intermediate	Advanced	Advanced Silver	High Performance
<p>Gross and fine motor skills Effectively plan, implement and teach Gross and fine motor skills activities.</p> <ul style="list-style-type: none"> • Backward roll with wedge • Cartwheel • Catching • Kicking • Under arm throwing • Dynamic balance 	Not applicable	Not applicable	Not applicable
<p>DMPs Effectively plan, implement and teach DMPs activities.</p> <ul style="list-style-type: none"> • Statics • Landing • Swing • Spring • Rotation • Locomotion 			
<p>Object management skills Effectively plan, implement and teach object management skills activities.</p> <ul style="list-style-type: none"> • Propelling • Controlling • Receiving 			
<p>equipment Effectively plan, implement and teach equipment activities</p> <ul style="list-style-type: none"> • Pathways 			

<ul style="list-style-type: none"> • Themes • Linking equipment • Space • Music • Modifications and innovation 			
<p>Teaching methods Effectively plan, implement and teach teaching methods activities</p> <ul style="list-style-type: none"> • Direct • Free Exploration • Group time 			
<p>Other Effectively plan, implement and teach Other activities.</p> <ul style="list-style-type: none"> • Class design • Circuit design • Planning themes • Age characteristics 			

MAG Specific Assessment competencies

Intermediate	Advanced	Advanced Silver	High Performance
<p>Vaulting Effectively plan, implement and teach Vaulting activities.</p> <ul style="list-style-type: none"> • Running • Hurdle and take-off from board • Handstand flat-back • Basic landings 	<p>Vaulting Effectively plan, implement and teach Vaulting activities.</p> <ul style="list-style-type: none"> • Saulto landing from height • Advanced hurdle drills • Front Salto to 30 and 60 cm matting • Front layout to 30 and 60 cm matting • Handspring to feet 	<p>Vaulting Effectively plan, implement and teach Vaulting activities.</p> <ul style="list-style-type: none"> • Handspring salto forward tucked • Tsukahara tucked • Tsukahara straight • Yurchenko tucked • Yurchenko straight 	<p>Vaulting Effectively plan, implement and teach all Vaulting activities.</p>
<p>High Bar Effectively plan, implement and teach High Bar activities.</p> <ul style="list-style-type: none"> • Tension swings • Long hang swings • Back hip pullover • Back hip circle • Cast in support 	<p>High Bar Effectively plan, implement and teach High Bar activities.</p> <ul style="list-style-type: none"> • Swing 1/2 turn to mixed grip • Giant swings - backward and forward • Kip to support • Fwd, bwd circle skills - clear, toe, stalder ?? • Flyaway - Tuck and layout 	<p>High Bar Effectively plan, implement and teach High Bar activities.</p> <ul style="list-style-type: none"> • "Giant swing forward with turns (180° to overgrip, 360° to mixed-grip and el-grip)" • Giant swing backward with turns (180° to under-grip and el-grip, 360° to over-grip) • Giant swing backward hop to under-grip • Giant swing in el-grip hop to under-grip • Endo • Stalder • Double salto backward tucked and straight • Gienger salto straight 	<p>High Bar Effectively plan, implement and teach all High Bar activities.</p>

		<ul style="list-style-type: none"> • Jaeger salto straddled • Tkatchev straddled • Dislocate (Adler) to handstand • Double salto forward tucked 	
<p>Floor Effectively plan, implement and teach Floor activities.</p> <ul style="list-style-type: none"> • Cartwheel • Forward and backward rolls • Bridge • Handstand • Courbette / snapdown 	<p>Floor Effectively plan, implement and teach Floor activities.</p> <ul style="list-style-type: none"> • Round-off • Front salto (tuck,pike,layout) • Back salto (tuck, pike,layout) • Handspring / flysprings / headsprings • Backward handspring and round-off back handspring • Round-off flic tuck & Layout • Whips • Back roll to handstand & turning development 	<p>Floor Effectively plan, implement and teach Floor activities.</p> <ul style="list-style-type: none"> • Salto forward. piked with 180° • Salto forward straight. with 180° • Salto forward with 360° • Salto forward with 540° • Arabian salto • Salto backward with 180° • Salto backward with 360° • Salto backward with 540° • Salto backward with 720° • Double salto forward • Double salto backward • Connected saltos 	<p>Floor Effectively plan, implement and teach all Floor activities.</p>
<p>Pommel Horse Effectively plan, implement and teach Pommel Horse activities</p> <ul style="list-style-type: none"> • Double Leg Circles on Mushroom • Stride swings 	<p>Pommel Horse Effectively plan, implement and teach Pommel Horse activities</p> <ul style="list-style-type: none"> • Double leg circles (handles, loops) • Scissor • Czech (buck) • Stockli (buck) 	<p>Pommel Horse Effectively plan, implement and teach Pommel Horse activities</p> <ul style="list-style-type: none"> • Circles in cross support on 1 pommel • 3/3 cross support travels without pommels • Side support travels without pommels • ¼ spindles in succession 	<p>Pommel Horse Effectively plan, implement and teach all Pommel Horse activities</p>

		<p>on mushroom</p> <ul style="list-style-type: none"> • ½ & 1/1 spindle on end in cross support • ½ turn variations from circles – kehr, wende 360° to 1080° forward, stockli backward, Czechkehr, direct stockli A and B with and without pommels • Hdst. dismount from undercut & flair • Scissors with ½ turn forward and backward 	
<p>Parallel Bars Effectively plan, implement and teach Parallel Bars activities.</p> <ul style="list-style-type: none"> • Cross support swings • Long Hang Swings 	<p>Parallel Bars Effectively plan, implement and teach Parallel Bar activities.</p> <ul style="list-style-type: none"> • Kip / drop kip • Swing to handstand • Back uprise / Front uprise • Basket swing / cast upper arm • Dismount - swing to handstand 	<p>Parallel Bars Effectively plan, implement and teach Parallel Bar activities.</p> <ul style="list-style-type: none"> • Layout back salto • Handstand turns – forward, backward, hop • Salto forward from support to support • Salto backward to handstand • Stützkehre • Diamidov • Moy to support • Giant swing • Healy turn to support • Felge (basket) to handstand • Double salto backward dismount 	<p>Parallel Bars Effectively plan, implement and teach all Parallel Bar activities.</p>

<p>Trampoline Effectively plan, implement and teach Trampoline activities.</p> <ul style="list-style-type: none"> • Basic jumps and landings • Body bounces - front and back • Front, back, seat, hands and knees drops • Combinations on trampoline • Drills for front handspring • Drills for back handspring 	<p>Trampoline Effectively plan, implement and teach Trampoline activities.</p> <ul style="list-style-type: none"> • Whip & back handspring • Handspring / flyspring to front salto • Back salto (tuck, pike, stretched) • Front salto (tuck, pike, stretched) • Twisting techniques 	<p>Trampoline Effectively plan, implement and teach Trampoline activities.</p> <ul style="list-style-type: none"> • Double back salto • Consecutive saltos on long tramp • Advanced twisting • Using Harness 	
<p>Rings Effectively plan, implement and teach Rings activities.</p> <ul style="list-style-type: none"> • Basket • Stretched inverted hang – candle • Long hang swings 	<p>Rings Effectively plan, implement and teach Rings activities.</p> <ul style="list-style-type: none"> • Support • Inlocate • Dislocate • Cast • Saulto dismount 	<p>Rings Effectively plan, implement and teach Rings activities.</p> <ul style="list-style-type: none"> • Strength holds – cross, L-cross, support lever, swallow, inverted cross • Giant swing forward • Giant swing backward • Honma piked • Double salto backward tucked and straight • Advanced strength complexes • Salto forward with 180° and 540° • Salto backward with 360° and 720° • Double salto forward tucked 	<p>Rings Effectively plan, implement and teach all Rings activities.</p>

RG Specific Assessment Competencies

Intermediate	Advanced	Advanced Silver	High Performance
<p>General Effectively plan, implement and teach General activities.</p> <ul style="list-style-type: none"> • Basic ballet and posture, arms and feet positions • Basic ballet barre • Basic floor progressions • Movement to music • choreography 	<p>General Effectively plan, implement and teach General activities.</p> <ul style="list-style-type: none"> • Routine development and construction • Groups / multiples • Physical preparation 	<p>Jumps Effectively plan, implement and teach jump activities.</p> <ul style="list-style-type: none"> • WITH TAKE OFF FROM 2 FEET • Split leaps • Pike jumps with legs together • WITH TAKE OFF FROM 1 FOOT • Pike jumps from one foot • FROM 1 FOOT WITH TRAVEL • Split leaps • With ring • Split leaps with leg switch • Stag leap with ring • JUMPS with ROTATION • Sauts verticaux en tournant more than 360° (• Sauts groupés more than 360° • Fouetté 	
<p>Freehand Effectively plan, implement and teach Freehand activities.</p> <ul style="list-style-type: none"> • Scissor, tuck jump • Low arabesque pivot • Balance in passe • Front horizontal balance 	<p>Choreography Effectively plan, implement and teach Choreography activities.</p> <ul style="list-style-type: none"> • Linking movements, handling variety • static, levels of space, unity 	<p>Apparatus Effectively plan, implement and teach apparatus activities.</p> <ul style="list-style-type: none"> • Variety in 'throw and catch'. Risk introduction min. 2 elements with rotation plus additional 	

<ul style="list-style-type: none"> • Chaîne, body waves • Waltz, grapevine, step hop 	<ul style="list-style-type: none"> • Music • left and right hand 	<p>criteria.</p> <ul style="list-style-type: none"> • Body Movement difficulties, combinations of several mastery components in one set of dance, new and novel ways of using mastery. • Fundamental and Other Technical Groups / Mastery / Risk 	
<p>Rope Effectively plan, implement and teach Rope activities.</p> <ul style="list-style-type: none"> • Open rope catch • Skipping, travelling forward • Rotations while balancing on two feet • Wraps • Vertical Échappé • Standing circumduction 	<p>Flexibility Effectively plan, implement and teach flexibility activities</p> <ul style="list-style-type: none"> • Trunk bent over the leg at the horizontal in different directions: forward, backwards or sideways • Splits with slow turn (180°-360°) with help • Ring with slow turn (180°-360°) with help • Circle with help • Side splits with trunk at the horizontal with help • Back splits with trunk at the horizontal with help • Penchée below the horizontal, support on feet or knees • Lying on the stomach • Splits on the floor front or back with side roll (360°) 	<p>Balances Effectively plan, implement and teach balance activities.</p> <ul style="list-style-type: none"> • Arabesque on the knee • Attitude on the knee • Back splits with help • Leg in ring position with help • All other variations of free leg front at the horizontal • Front splits with help and on the knee • Leg sideways at the horizontal (second position) on the knee • Side splits with help and also on the knee • Front scale • Back scale • Side scale 	

<p>Hoop Effectively plan, implement and teach Hoop activities</p> <ul style="list-style-type: none"> • On body and on floor • Retro roll • Roll over shoulder • Small vertical toss • Passing (skipping) through • Frontal rotations • Axis spin 	<p>Freehand Acrobatics Effectively plan, implement and teach Freehand Acrobatics activities</p> <ul style="list-style-type: none"> • Rolls on floor • Cartwheels and variations • Forward walkovers and variations • Backward walkovers and variations 	<p>Pivots Effectively plan, implement and teach pivot activities.</p> <ul style="list-style-type: none"> • PIVOTS with FREE LEG above HORIZONTAL • Front or side splits with help • Back splits with ring with help <p>FOUETTE L2</p> <ul style="list-style-type: none"> • Fouetté in “passé” attitude or arabesque (free leg at the horizontal or higher) 	
<p>Ball Effectively plan, implement and teach Ball activities</p> <ul style="list-style-type: none"> • Roll ball down arm • Small roll along floor • Bounces • With wrist • Small throw and catch in one hand • Kneeling body circumduction with handling • Rebound off knee 	<p>Rope Effectively plan, implement and teach Rope activities</p> <ul style="list-style-type: none"> • Fig 8 w body movement • Passing under in a leap • Skip through w throw to skip through • Double release (wammie) • Open rope throw • Throw w one rotation and catch (e.g. throw chaine) 	<p>Multiples (pairs/trios) Effectively plan, implement and teach multiples activities.</p> <ul style="list-style-type: none"> • Exchanges, collaborations, formations, dynamic elements with rotations • Difficulties with exchange, body difficulties, Dance, formations, Risk, Cannon • Elite Identification 	
<p>Clubs Effectively plan, implement and teach Clubs activities.</p> <ul style="list-style-type: none"> • Balance on toes with club circles • Side body wave with 	<p>Hoop Effectively plan, implement and teach Hoop activities.</p> <ul style="list-style-type: none"> • Roll on three body parts • Oblique throw • Pass over in a leap 	<p>Waves Effectively plan, implement and teach wave activities.</p> <ul style="list-style-type: none"> • Total body wave • Total wave with spiral (360°) (“tonneau”) on both 	

<ul style="list-style-type: none"> tapping Cat leap with overhead clubs Chasse with alternate lateral swings 180° pivot pass clubs behind back Half tosses 	<ul style="list-style-type: none"> Rotations without hands Axis on hand Vertical figure of 8 in front and behind 	<p>feet or on one foot)</p>	
<p>Ribbon Effectively plan, implement and teach Ribbon activities.</p> <ul style="list-style-type: none"> Skipping with snakes overhead Passé balance with spirals Cat leap through large circle Passé pivot with horizontal circles Catching the end of the ribbon Kneeling circumduction with horizontal circles 	<p>Ball Effectively plan, implement and teach Ball activities.</p> <ul style="list-style-type: none"> Roll on three body parts, standing and on floor Different series of bounces Small throws without hands Circumduction's Unstable balance on a part of the body Throw, body rotation, catch in one hand 	<p>Flexibility Effectively plan, implement and teach flexibility activities.</p> <ul style="list-style-type: none"> Splits with slow turn (180°-360°) without help Circle with help and with slow turn Circle without help Side splits with trunk at the horizontal with help with slow turn Side splits with trunk at the horizontal without help Back splits with trunk at the horizontal with help with slow turn Back splits with trunk at the horizontal without help Penchée with slow turn Front splits with back bend of the trunk Front splits with back bend of the trunk with walkover Illusion forward Illusion sideways Illusion backwards with 	

		<p>circle of the leg in different directions, without full bend of the trunk</p> <ul style="list-style-type: none"> • Lying or chest • Lying or chest with rotation • Support on the forearms 	
	<p>Clubs Effectively plan, implement and teach Clubs activities.</p> <ul style="list-style-type: none"> • Mills • Asymmetrical • Tosses and Flicks • Two clubs large throw • One club throw w passing the other club • Handling including rolls and tapping 		
	<p>Ribbon Effectively plan, implement and teach Ribbon activities.</p> <ul style="list-style-type: none"> • Spirals (on and off floor) • Snakes (on and off floor) • Passing through and over (figure of eight) • Echappe • Boomerang throw (large throw of ribbon w one element of rotation underneath) • Rotation of stick around hand 		
	<p>Waves Effectively plan, implement and</p>		

	<p>teach wave activities.</p> <ul style="list-style-type: none"> • Front and back wave • Side wave 		
	<p>Jumps Effectively plan, implement and teach jump activities</p> <ul style="list-style-type: none"> • Ring jumps or leaps with 1 leg • Arch jump • Cossack jump • Scissor jumps • Cabriole • Stag leap • Sauts verticaux en tournant up to 360° • Sauts groupés up to 360° 		
	<p>Balances Effectively plan, implement and teach balance activities</p> <ul style="list-style-type: none"> • Balance with leg back lower than horizontal (45°) with back bend of the trunk • Attitude • Balance with leg lower than the horizontal (45°) and trunk bent forward • Free leg front at the horizontal and on the knee • Free leg sideways at the horizontal (second position) 		

	<p>Pivots Effectively plan, implement and teach pivot activities</p> <ul style="list-style-type: none">• PIVOTS “PASSE”• In “passé” position towards inside (inward turn)• In “passé” position towards outside (outward turn)• PIVOTS with FREE LEG at the HORIZONTAL• Free leg front or side (in the second position)• Free leg stretched back (Arabesque or Attitude)		
--	---	--	--

TRP Specific Assessment Competencies

Intermediate	Advanced	Advanced Silver	High Performance
<p>Basic Skills Effectively plan, implement and teach basic skills activities.</p> <ul style="list-style-type: none"> • Straight jump, checking landing • Basic jumps, kick out • Basic landings - seat, front, back, hands and knees 	<p>General Effectively plan, implement and teach general activities.</p> <ul style="list-style-type: none"> • Height drills, introduction of time of flight • Reinforcement of shape, fast action, kick-outs, • Twisting direction and teaching twisting 	<p>Introduction Effectively plan, implement and teach introductory activities.</p> <ul style="list-style-type: none"> • Increase of height • introduction of puck shape 	
<p>Combinations Effectively plan, implement and teach Combinations activities.</p> <ul style="list-style-type: none"> • Seat to front • Back to front • Front to seat • Front to back 	<p>Trampoline skills Effectively plan, implement and teach trampoline skills activities.</p> <ul style="list-style-type: none"> • Front salto - tuck, pike, straight • Front cody • 1 3/4 front salto • Double front • Baranis • Rudi • Back salto - tuck, pike, straight • Back cody • 1 1/4 Back salto • Cruising • Ball out 1 1/2 • Double back, tuck and pike • Full twist back salto 	<p>Trampoline skills Effectively plan, implement and teach trampoline skills activities.</p> <ul style="list-style-type: none"> • Ballouts (back landing salto to feet) • Rudi ball out • Double twist back salto • Full out - T & Str • Full in Full out - T • Double front half out • Rudi out - T, P • Full in, half out - T, P & S • Half in, half out - T & P • Half in, Rudi out - T & P • Arabians 	<p>Trampoline skills Effectively plan, implement and teach all trampoline skills activities.</p>

<p>Twisting Effectively plan, implement and teach Twisting activities.</p> <ul style="list-style-type: none"> • Feet to feet twisting • Half twist to landing - front, back, seat • Landing half twist to feet - front, back, seat • Full twist skills-full twist to back • Roller - seat full twist to seat 	<p>Trampoline sports specific principles Effectively plan, implement and teach trampoline sports specific principles activities.</p> <ul style="list-style-type: none"> • Routine construction • Handspotting • Kipping • Other twisting skills (cat twist, corkscrew etc) 	<p>Double mini trampoline Effectively plan, implement and teach double mini trampoline activities</p> <ul style="list-style-type: none"> • Running drills • S/S S/S passes • Twisting S/S passes • Basic single double passes • mount and dismount drills • Double double passes 	<p>Double mini trampoline Effectively plan, implement and teach all double mini trampoline activities.</p>
<p>Double Mini Trampoline Effectively plan, implement and teach double mini trampoline activities</p> <p>Critical evidence Demonstrated ability to plan and teach double mini trampoline activities from the list below including appropriate progressions, teaching methods, key coaching points and safety considerations.</p> <ul style="list-style-type: none"> • Run approach • Hurdle onto DMT • Basic Jumps on DMT • Components of DMT • Pass construction for DMT 	<p>Double mini trampoline Effectively plan, implement and teach double mini trampoline activities</p> <ul style="list-style-type: none"> • Non-scoring skills into s/s passes • Use of mount and spotter s/s skills • Change of mount arm position and speed of run up for mount versus spotter skills • Back somersault tuck • Back somersault pike • Back somersault layout • Reverse back sault (tuck) • Full twist back sault • Front somersault - tuck, pike, straight • Barani (piked) • Barani (straight) • Inward front sault (tuck) 	<p>Synchronised Trampoline Effectively plan, implement and teach Synchronised trampoline activities.</p> <ul style="list-style-type: none"> • Identifying appropriate synchro pairs • building good synchro routines 	<p>Synchronised Trampoline Effectively plan, implement and teach Synchronised trampoline activities.</p>

	<ul style="list-style-type: none"> • Rudi • Double Front sault (tuck) • 		
<p>Trampoline sports specific principles Effectively plan, implement and teach trampoline sports specific principles activities</p> <ul style="list-style-type: none"> • Technical aids for Trampoline 	<p>Synchronised Trampoline Effectively plan, implement and teach Synchronised trampoline activities</p> <ul style="list-style-type: none"> • Starting together • Counting • Routine construction for synchro • Identifying a leader vs.follower 	<p>Trampoline sports specific principles Effectively plan, implement and teach trampoline sports specific principles activities</p> <ul style="list-style-type: none"> • Benefits of introducing twisting rotational skills • eg Full twisting ballouts, FT back cody, etc. • continuation of cruising drills • biomechanics; • building time of flight • Rig work - timing for front and back landings • use of bungy • use of pit 	<p>Trampoline sports specific principles Effectively plan, implement and teach trampoline sports specific principles activities.</p>
<p>Routine development Effectively plan, implement and teach routine development activities.</p> <ul style="list-style-type: none"> • Routine construction 	<p>Other Effectively plan, implement and teach other activities.</p> <ul style="list-style-type: none"> • Mat use • Introduction to rig work (on the job training) 		
	<p>Routine Choreography Effectively plan, implement and teach Routine Choreography activities.</p> <ul style="list-style-type: none"> • Routine development and construction • Competition preparation 		

TUM Specific Assessment Competencies

Intermediate	Advanced	Advanced Silver	High Performance
<p>Basic Skills Effectively plan, implement and teach basic skills activities.</p> <ul style="list-style-type: none"> • Straight jump, checking landing • Basic jumps, kick out • Basic landings - seat, front, back, hands and knees 	<p>Tumbling Skills Effectively plan, implement and teach tumbling skills activities.</p> <ul style="list-style-type: none"> • Round-off • Front salto (tuck,pike,layout) • Back salto (tuck, pike,layout) • Back layout salto 360° twist • Front salto 1/2 (tuck, pike) • Front salto360° twist • Front sault step outs • Baranis • Basic combined series 	<p>Tumbling Skills Effectively plan, implement and teach tumbling skills activities.</p> <ul style="list-style-type: none"> • Double back rotations - tuck, pike and straight • Double with 1/1 in and 1/1 out • Linking to and from tempo saltos • Rudolph 	<p>Not applicable</p>
<p>Combinations Effectively plan, implement and teach Combinations activities.</p> <ul style="list-style-type: none"> • Seat to front • Back to front • Front to seat • Front to back 	<p>Preparation Effectively plan, implement and teach Preparation activities.</p> <ul style="list-style-type: none"> • Safe Landings • Strength and conditioning • Plyometric drills 	<p>Preparation Effectively plan, implement and teach Preparation activities.</p> <ul style="list-style-type: none"> • Body Preparation - high impact landings 	
<p>Twisting Effectively plan, implement and teach Twisting activities.</p> <ul style="list-style-type: none"> • Feet to feet twisting • Half twist to landing - front, back, seat • Landing half twist to feet - front, back, seat 	<p>other Effectively plan, implement and teach other activities.</p> <ul style="list-style-type: none"> • Intermediate pass construction • Competition Preparation • Connecting Tumble passes - 8 skill 	<p>other Effectively plan, implement and teach other activities.</p> <ul style="list-style-type: none"> • Advanced pass construction • Competition Preparation • Connecting Tumble passes - 8 skill 	

<ul style="list-style-type: none"> • Full twist skills-full twist to back • Roller - seat full twist to seat 			
<p>Double Mini Trampoline Effectively plan, implement and teach double mini trampoline activities</p> <ul style="list-style-type: none"> • Run approach • Hurdle onto DMT • Basic Jumps on DMT • Components of DMT • Pass construction for DMT 			
<p>Trampoline sports specific principles Effectively plan, implement and teach trampoline sports specific principles activities</p> <ul style="list-style-type: none"> • Technical aids for Trampoline 			
<p>Routine development Effectively plan, implement and teach routine development activities.</p> <ul style="list-style-type: none"> • Routine construction 			

WAG Specific Assessment Competencies

Intermediate	Advanced	Advanced Silver	High Performance
<p>Vaulting Effectively plan, implement and teach vaulting activities.</p> <ul style="list-style-type: none"> • Landing from height • Running • Hurdle • Jumping and take-off • Repulsion from hands 	<p>Vaulting Effectively plan, implement and teach vaulting activities.</p> <ul style="list-style-type: none"> • salto landing from height • Advanced hurdle drills • Front salto to 30 and 60 cm matting • Front layout to 30 and 60 cm matting • Handspring to back & feet 	<p>Vaulting Effectively plan, implement and teach Vaulting activities.</p> <ul style="list-style-type: none"> • Handspring forward with 360 turn • Handspring salto forward tucked • Tsukahara tucked • Handspring salto forward piked • Tsukahara straight • Yurchenko tuck • Yurchenko straight 	<p>Vaulting Effectively plan, implement and teach all Vaulting activities.</p>
<p>Uneven Bars/High Bar Effectively plan, implement and teach bar activities.</p> <ul style="list-style-type: none"> • Cast in support • Glide swing • Long swing • Back hip circle • Kip progressions 	<p>Bars Effectively plan, implement and teach bar activities.</p> <ul style="list-style-type: none"> • Cast to handstand • Development of turning on bars • Giants - forward and backward • Glide kip cast to horizontal in series • Fwd, bwd circle skills - clear, toe, stalder 	<p>Bars Effectively plan, implement and teach Bar activities.</p> <ul style="list-style-type: none"> • Giant Swing – Backward, Forward, L grip with 180 and 360 turn - various grips • Transition skills HB to LB - Overshoot to HS, Pak, Eyova • Sole circle LB to HB • Clear hip hecht LB to HB • Stalder and Endo circles • Clear hip circle to HS - 180 and 360 turn • Sole circle to HS - 180 and 360 turn 	<p>Bars Effectively plan, implement and teach all Bar activities.</p>

		<ul style="list-style-type: none"> • Inside Stalder to Handstand and with turn • Flight elements – Tkatchev, Jaeger, Gienger • Dismounts – double salto bwd tuck, straight 	
<p>Floor Effectively plan, implement and teach floor activities.</p> <ul style="list-style-type: none"> • Handstand • Forward and backward rolls • Limbers forward and backward • Walkover forward and backward • Cartwheel • Courbette / snapdown 	<p>Floor Effectively plan, implement and teach floor activities.</p> <ul style="list-style-type: none"> • Round-off • Front salto (tuck,pike,layout) • Back salto (tuck, pike,layout) • Handsprings / flysprings • Backward handspring and round-off back handspring • Roundoff flic tuck & layout • Whips • Back roll to handstand & turning development 	<p>Floor Effectively plan, implement and teach floor activities.</p> <ul style="list-style-type: none"> • Salto forward. piked with 180° • Salto forward straight. with 180° • Salto forward with 360° • Salto forward with 540° • Salto backward with 180° • Salto backward with 360° • Salto backward with 540° • Salto backward with 720° • Double salto forward tucked • Double salto backward tucked • Simple acrobatic series 	<p>Floor Effectively plan, implement and teach all floor activities.</p>
<p>Dance Skills Effectively plan, implement and teach dance skills</p> <ul style="list-style-type: none"> • ½ turn on two feet high toes • Piqué passe ½ turns • Jump, hop, leap progressions • Straight jump • Springs Right, Left 	<p>Dance Effectively plan, implement and teach dance activities</p> <ul style="list-style-type: none"> • 1/2 turn in passe (be) • 1/1 turn in passe (be) • 1/1 passe pivot to close, lunge preparation • split jump, straight jump (fx, be) • Jump 1/2 and full turn 	<p>Dance Skills Effectively plan, implement and teach dance skills</p> <ul style="list-style-type: none"> • 2/1 turn in passe (& 3/1) • 1/1 horizontal turn • Switch leap • Tour jete • Straddle 1/2 	<p>Dance Effectively plan, implement and teach all dance activities</p>

assemble	<ul style="list-style-type: none"> • Sissone and stag leap • Split leap, split jump • Straddle jump 		
Dance Choreography Musicality Effectively plan, implement and teach dance choreography musicality activities <ul style="list-style-type: none"> • Posture (beam and floor) • Basic ballet positions • Basic ballet barre complex • Basic floor and beam complex • Movement to music 	Beam Effectively plan, implement and teach beam activities. <ul style="list-style-type: none"> • Back handspring to 2 feet • back handspring stepout • Tic tocs, front and back walkovers • Cartwheel tuck dismount • Front salto dismounts 	Beam Effectively plan, implement and teach beam activities. <ul style="list-style-type: none"> • Back handspring in series • Back handspring layout step out • Handspring backward - 900, 1800 • Saltos forward – tuck; aerial walkover • Saltos backward - tuck, pike, straight • Saltos sideward – tuck; aerial cartwheel • Dismounts with turns - medium difficulty • 1. Forward straight – 1800, 3600, 5400 • 2. Backward straight – 1800, 3600, 5400, 7200 • 3. Dismount – gainer straight - variations • 4. Dismounts with double saltos - tuck • Backward dynamic acrobatic connections to dismount 	Beam Effectively plan, implement and teach all beam activities.
Beam Effectively plan, implement and teach Beam activities. <ul style="list-style-type: none"> • Handstand - lunge and 	Trampoline Effectively plan, implement and teach trampoline activities. <ul style="list-style-type: none"> • Whip & back handspring 	Trampoline Effectively plan, implement and teach trampoline activities. <ul style="list-style-type: none"> • Salto forward straight. with 	

<ul style="list-style-type: none"> • stepdown • Side cartwheel and cartwheel to lunge • Bridges • Press development • Landings - on and off 	<ul style="list-style-type: none"> • Handspring / flyspring to front salto • Back salto (tuck, pike, stretched) • Front salto (tuck, pike, stretched) • Twisting techniques 	<ul style="list-style-type: none"> • 180° to 540° • Salto backward straight. with 180° to 720° • Double salto forward tucked • Double salto backward tucked • Combination acrobatics 	
<p>Trampoline Effectively plan, implement and teach trampoline activities.</p> <ul style="list-style-type: none"> • Jumping • Body bounces • Front and back drop rotation skills • Handsprings / flysprings • Back handspring 	<p>Dance Choreography Musicality Effectively plan, implement and teach dance choreography musicality activities</p> <ul style="list-style-type: none"> • Intermediate ballet barre • Develop, kicks, body contractions • Intermediate Floor and beam complex / centre work , walking kicks, leaps and jumps & turns • Music styles and movement to music. • Creation of optional floor and beam routines 	<p>Dance Choreography Musicality Effectively plan, implement and teach dance choreography musicality activities</p> <ul style="list-style-type: none"> • Advanced ballet barre complex • Advanced Floor and Beam complex • Development of Artistry in WAG gymnastics • Creation of advanced optional Beam and Floor routines 	<p>Dance Choreography Musicality Effectively plan, implement and teach dance choreography musicality activities.</p>