

About the Junior Gymnastics Skills Awards Programme

The Skills Award Programme is designed to promote progression within our Junior Gymnastics classes through assessment of various skills and moving through stages 1-6. Once you have achieved stage 5 you are eligible to join our Regional Competitive (Gym Sports) programme. (You are still able to complete Stage 6 within the Junior Gymnastics programme if you choose not to progress to Regional Competitive).

Skills can be assessed throughout the term, or during a designated assessment week (TBC each term). Once a stage has been completed you will be awarded a certificate, and a badge for each stage is available to purchase at the front desk.

We expect everyone to progress through these stages at their own pace, there is no set timeframe to complete the programme or to achieve a certain stage. If you have any questions regarding the Skills Award Programme or would like to opt out, please contact Marie Lakin at office@chchgymnastics.co.nz



Junior & Advanced Skills Award Programme

Coaches Comments:

Full Name:

Date started on Skills Awards:

Date Completed Skills Awards:

	Stage 1 (Green)	Stage 2 (Blue)	Stage 3 (Purple)		Stage 4 (Red)	Stage 5 (Orange)	Stage 6 (Yellow)
Floor	Rock & Roll - to stand	3/4 Headstand	Forward roll to stand - No hands		Backward roll off panel mat	Cartwheel	Handstand forward Roll - straight arms
	3/4 handstand - Feet against the wall	Headstand against box	Handstand - Stomach against wall		Full handstand	Backward roll	Walkover
		Forward roll - to stand	Cartwheel over box		Bridge Kick over	Shoulder Stand	Round off
			Backbend from Knees				
Bars	Monkey along High Bar	Skin the Cat	Forward roll over bar		Jump catch swing from box to high bar	Circle up	Back hip circle
	Front Support Hold	3 swings with regrips	Circle up from slope		Casts x 3	Roll forward with straight arms to tuck	Straddle undershoot
	3 tuck swings - Low Bar	Front support walking	Jump catch low bar, in dish shape		3 Swings with regrips on high bar	Glide swing	Jump from low to high bar
				Swing to pull over on high-bar			
Beam	Front support mount	Walk on toes, forward	Bunny-hops along beam		Straddle hold, mount	Monster Kicks	3/4 handstand
	Walk forward	Knee scale	Walk on toes, backward		Passè Steps	Arabesque	Split Jump
	Straight Jump to dismount	Balance on 1 foot - Toe on knee	1/2 turn on toes		Straight Jump	Straight Jump, change feet	Cartwheel dismount
Vault	Safe landing from 60cm	Jump, land, side roll	Run, jump forward roll on 60cm box		Straddle on or over, 60cm box	Handstand flatback 30cm mat	Handspring onto 60cm mat - Flatback
	Run & Jump off beat board	Jump, land backwards shoulder roll	Run, jump, straight jump over 30cm box		Side Vault over 60cm box/ long box	Front salto from mini tramp to fat mat	Front Salto onto 30cm mat from beat board
					Front salto progression from beat board to slope		
Conditioning	5 Sit ups	5 seconds dish hold	Tuck snaps 5 seconds		5 V snaps	10 V snaps	10 leg lifts - Full
	L hold 5 seconds	Chin up hold on bar - 5 seconds	5 L leg lifts		Climb rope - 1/2 way	10 Tuck leg lifts	Climb rope in straddle
	Wheelbarrow - Length of floor	Bridge	Fold in pike stand		5 chin ups- legs in L shape, toes on floor	Climb 3m rope	Splits
						Pike fold	