

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

Cards will be sent home at the end of testing but please remember to bring your card back for the following class.

Coaches Comments:



Junior & Advanced Skills Award Programme

Full Name:

Date started on Skills Awards:

Date Completed Skills Awards:

PLEASE RETURN TO CSG NEXT WEEK

	Stage 1 (Green)	Stage 2 (Blue)	Stage 3 (Purple)	Stage 4 (Orange)	Stage 5 (Red)	Stage 6 (Yellow)
Floor	Rock & Roll - to stand	3/4 Handstand	Forward roll to stand - No hands	Backward roll off panel mat	Bridge kickover	Handstand forward Roll - straight arms
	3/4 handstand - Feet against the wall	Forward roll - to stand	Cartwheel over box	Full handstand	Backward roll	Walkover
				Cartwheel	Backbend from Knees	Round off
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
P-Bars	Front & rear support	Tuck Hold	Inverted hang pike	Long hang walk	3 x swings	Long hang swings 3x
	Support hold 5 secs	Front & rear support hold 30cm box	3x Chinese tap swings between bungees	Front & rear swings to straddle support on boxes	L—sit	Glide kip swing
	Straddle Support	Invert hang	Straddle walks along bars	Straddle sit Flank dismount	P bar walks	Jump to Pike invert hang swing
Vault	Safe landing from 60cm	Jump, land, side roll	Run, jump forward roll on 60cm box	Run, jump, straight jump over 30cm box	Handstand flatback 30cm mat	Handspring onto 60cm mat - Flatback
	Run & Jump off beat board	Jump, land backwards shoulder roll	Run, jump, tuck jump over 30cm box	Side Vault over 60cm box/ long box	Front salto progression from beat board to slope	Front salto from mini tramp to fat mat