Name ………………………………… Class ………………………………………….. Year Group ………………………….

6

5

1

**Present**

One point for green

Two points for yellow

Three points for red

3

2

Any body shape where 3 points of the body contact the ground.

Must hold for 3 seconds.

4

**3 point balance**

**Travel (2m)**

**Jump**

**Shape**

**Roll**

Forward roll

Backward roll

Pencil roll

Egg roll

Tucked roll

Rock back and stand

Forward roll to seat

Side Chasse Pivots

Skip Backwards

Change leg chasse

Gallop (chasse)

Side chasses

Hop

Skip

Hop scotch

Straight jump

Tuck Jump

Star Jump

Full turn

Full turn Tuck

Half turn jump

Half turn tuck jump

Straight

Star

Tuck

Pike Sit

Straddle Sit

Dish

Arch

Front Support

Highlight one move from each section.

Moves must be performed in this order.

10

7

9

8

**Present**

**1 foot balance**

**Flexibility**

**Travelling Jump**

Any body shape where 1 foot contacts the ground.

Must hold for 3 seconds.

Pike Fold

Japana

Bridge

Front splits

Box Splits

Broad Jump

Leap

Cat leap

Scissor Kick

Stag leap

Split leap

Double cat leap

**Teacher Notes**

Add up the points dependant on the skills chosen.

Three levels of competition tariff ; -

Engaging 6 and below

Emerging 7 – 14points

Elite 15 – 18 points

**How to fill in the Move selection card**

The gymnast picks one move from each of the numbered columns.

The gymnast must perform their moves in the order of the columns.

**Teacher**

Each skill is associated with a colour and each colour has a different amount of points awarded.

1 for green, 2 for yellow and 3 for red.

Add up the points for the skills chosen.

The total points would classify the routine in to three sections, engaging, emerging and elite.

6 points and below would put them in to the engaging category, 7 – 14 points would put them in the emerging category and 15 – 18 points would put them in the elite category.

For Example, Straight shape, egg roll, 3 point balance, side chasses, star jump, one foot balance, cat leap and a pike fold would score the routine 7 points. Which would put the gymnast in the emerging gymnasts section.