

GIRLS GYM CHAMPS

APPARATUS



VAULT



- Various Postures and Positions for developing vault
- Accelerated Sprint
- Run - Hurdle - Handstand Flatback (60cm) landing mat
- Dive Roll using box and mini trampoline

BARS



- Gymnastics Static Postures and positions
- Glide Swing
- Pullover
- Cast - Back hip Circle
- Step on low bar - Jump off to motor bike landing
- Long Swings

BEAM



- Gymnastics Static Postures & Positions
- Releve walks on beam
 - Forward, Sideways, Backward, Passes, Ice Cream Scoops, Grapevine
- Kicks Forwards and Backwards
- Various positions and movements down on beam
 - Scale hold, Straddle hold, Front support, Swing to squat
- Jump Combinations
 - Straight Jump x2, Tuck Jump
- L Handstand
- Landings off beam to motor bike
 - Straight Jump/ Tuck Jump/ Star Jump/ Backwards Jump/ Punch Jump
- Pivot Turns on 1 foot & 2 feet

FLOOR



- Gymnastics Static Postures & Positions
- Assorted Backward roll Combinations
- Handstand Forward Roll
- Roundoff Development
- Assorted Jumps and landings
- Assorted Locomotive Movements
- Walkover Development
- Split Leap development

GIRLS GYM CHAMPS

PREPARATION



STRENGTHENING



- Assisted chin ups
- Tuck hang and tuck ups
- L hang and leg lifts
- Push ups and Dips
- Support holds and walks
- Sit ups, tuck snaps and V-snaps
- Rope climb with feet
- 30 - 40cm box jumps
- Single leg squats and lunges

FLEXIBILITY



- Pike
- Straddle Pancake
- Right Split
- Left Split
- Middle Split
- Bridge and Kickovers
- Front, Back and Side kicks
- Split Jump, Split Leap, Straddle Jump, Pike Jump

BODY PREPARATION



- Tuck sit, rock n roll, rock n roll to stand up and jum
- Angry Cat/Happy Cat
- Front support/back support/side support/plank
- Dish/Arch/side hollow holds
- Straight shape
- Tuck, pike, L handstand and wall handstand
- Correct take-off and landing technique
- Falls training

TRAMPOLINE



- Assorted Basic Jumps:
 - Straight, Tuck, Star, Pike, Straddle, Wolf, Split, Half and Full Turn
- Body bounces:
 - Angry cat/ Front Support/ Back/ Belly/ Bottom/ Peanut
- Mummy Drops into pit
- Front somersaults into pit
- Knees to handstand and handstand pops
- Handspring flatback with matting