

BOYS INTERMEDIATE APPARATUS



HIGH BAR



- Gymnastics Static Postures and Positions
- Kip Development
- Toe Shoot Development
- Chin up Pullover
- Casts
- Back Hip Circle
- Fish Taps
- Long Swings

FLOOR



- Gymnastics Static Postures & Positions
- Assorted Forwards & Backward roll Combinations
- Handstand Forward Roll
- Cartwheel Development
- Roundoff Development
- Assorted Jumps and landings
- Assorted Locomotive Movements

P-BAR



- Gymnastics Static Postures and positions
- Support Swing
- Side Dismount Development
- Basket Kip Development

POMMEL



- Gymnastics Static Postures and positions
- Scissor Swing Development
- Double Leg Circle Development

RINGS



- Gymnastics Static Postures and Positions
- Long Swings

VAULT



- Various Postures and Positions for developing vault
- Accelerated Sprint
- Step down to beat board - immediate straight jump off to landing mat
- Run - Hurdle - Straight Jump up to box - immediate rebound off
- Kick to Handstand Pop to flatback
- Dive Roll

BOYS INTERMEDIATE 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
- 20 - 40cm box jumps
- Single leg squats and lunges
- Penguin Walks

FLEXIBILITY



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

BODY PREPARATION



- Tuck sit, rock n roll, rock n roll to stand up and jump
- 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