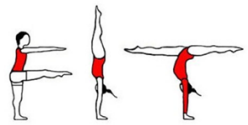
SPRINGFIT
GYMNASTICS & TRAMPOLINE CLUB



**Gymnast's Name:** .....

Notes: Eight out of ten moves for each grade need to be completed to pass and get a badge & certificate, however it is recommended gymnasts do all ten moves in each grade (alternative moves are shown in pink for girls and blue for boys)
All moves should be executed at least three times successfully to pass

| | | Funfit | | | Beginners | | | | Improvers | | | Advanced | | | Elite | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| # | Theme | Grade 1 | Grade 2 | Grade 3 | Grade 4 | Grade 5 | Grade 6 | Grade 7 | Grade 8 | Grade 9 | Grade 10 | Grade 11 | Grade 12 | Grade 13 | Grade 14 | Grade 15 |
| 1 | Backward rotation | Walk around the floor on hands and feet | Bean bag between feet, roll back & deposit it on the floor behind head | Know & show front & back support (legs must be straight) | Front support turn to back support | Jump ½ turn with secure landing | Supported shoulder stand held for 5 seconds | Unsupported Shoulder stand (Candlestick) held for 3 seconds | Bridge held for 5 seconds | Back bend into Bridge | Back walkover or Backward roll to handstand | Valdez | Standing back-flick | Round-off back- flick | Round off two back-flicks | Round-off back-flick tuck somersault |
| 2 | | Walk around the room with arms straight up touching ears | Rock backwards from seated tuck position | Show and hold a steady 'Crab' shape, tummy high | Move on hands & feet with tummy upwards 'Crab walk' | From seated, backward roll to squat down a slope | From standing, backward roll to straddle stand down a slope | Backward roll to straddle stand. | Backward roll to stand | Piked backward roll to front support | Straight-legged lever to headstand, held 3 seconds | Tic-Tock or Straight arms & straight legged backward roll | Arabian (dive roll) | Straight arms & straight legged backward roll, ½ pirouette | Round off, tuck back somersault | Arabian (somersault) |
| 3 | Forward rotation | Know & show 'tuck sit' | Know & show 'pike sit' & 'straddle sit' | Bunny hop into & out of a row of 5 hoops | Forward Roll to tuck sit down a slope | Roll forward in a straight line to long sit | Tuck roll backwards & forwards to stand | Forward roll to stand | Forward roll showing straight legs during rotation | Forward roll to straddle stand | Forward roll to walk out, one foot raised or Straight legged forward roll to pike stand | Front limber (handstand bridge to stand) or Headstand push to handstand | Forward walkover or Jump through straddle to handstand, roll out. | Punch tuck front somersault | Free walkover or Flyspring | Punch front somersault with walkout into round-off back-flip |
| 4 | Handstand | Lay perfectly flat with straight legs & arms by ears for 5 seconds | Balance bean bag on head for three steps | Straight jump on floor | Show straight inverted shape (plank) with feet up a wall, hands on floor for 3 seconds | Static bunny hop with hips above shoulder height | Handstand with support (with coach or against vertical surface) | Handstand shown without support | Handstand forward roll | Handstand held for 3 seconds | Handstand ½ pirouette | Handspring | Handspring to 1, handspring to 2 | Handstand full pirouette | Handstand double full pirouette | Handspring punch front somersault |
| 5 | Side rotation | Jump forwards, backwards & sideways over a ribbon | Roll down a slope sideways with arms up | Log roll along floor x 3 with arms up | Hold arch and hold bent leg dish both for 5 seconds | Hold arch and roll to dish, hold both for 3 secs | Cartwheel action side-to-side over bench | Cartwheel (side to side) | Front to back cartwheel finishing in lunge | Two consecutive cartwheels | Round-off (flight shown) | Cartwheel on both right & left leg | One handed cartwheel, first hand | Cartwheel 1st hand into cartwheel 2nd hand | Free cartwheel | Full twisting dive roll |

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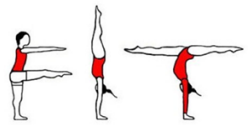

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| 6 | Trampette Skills/ Floor Jumps | Continuously bounce on the trampette bed keeping balance | Bounce 3 times on trampette bed & then off to land on feet | Repeat a sequence unprompted: 3 steps straight jump, 3 steps star jump, 3 steps tuck Jump | Straight jump from trampette | Tuck jump from trampette | Star & straddle jump from trampette | Pike & ½ turn with arm swing from trampette | Jump full twist with secure landing on the floor | With feet on trampette bed, hands on raised platform - bounces towards handstand | Dive roll from trampette | One and a ½ twist jump with secure landing on the floor | Front tucked somersault from trampette | Barani (front somersault with ½ twist) from trampette | Layout (straight) front somersault from trampette | Full twisting straight front somersault from trampette |
| 7 | Vaulting | Run around, jump to land 2 feet on a spot upon coach's command 5 times | Know & show secure landing position for a jump | From squat, jump up with arm swing & extended legs, back down into squat x 3 | Run and jump onto springboard, arm swing stretch jump off | From standing, jump to straddle-on onto a box top, feet together, star jump off | From floor forward roll onto box top, lengthways | Straddle on, jump legs together, jump off box broadways | Through vault over box broadways | Straddle over box broadways | Handstand flatback onto raised platform | Straddle over box lengthways | Handspring over box broadways from springboard | Handspring half off box broadways from springboard | Half on over box broadways from springboard | Half on, half off over box broadways from springboard |
| 8 | | Jump up & down landing both feet at the same time | Bounce a ball on the floor and catch it | Jump off box top to land neatly in landing position | Jump to squat-on onto box top. Stretch jump off to neat landing | Squat onto box top, forward roll | Straddle "teddy bear" roll | Forward roll onto box, lengthways from springboard | Squat onto box lengthways, straddle off | Handstand flatback from box top onto landing mat | Handspring off a raised platform | Handspring over box broadways from trampette | Handspring half off box broadways from trampette | Half on over box broadways from trampette | Half on, half off over box broadways from trampette | Tsukahara |
| 9 | Bench/ Beam | Crawl along a bench, stand up & jump off | Walk on tiptoes, arms up by ears, along a bench, jump off the end | Walk slowly along a floor beam | Bunny hop from side-to-side along a bench | March with straight legs & arms out at shoulder height, along a floor beam | Walking backwards in upright position along floor beam | Bunny hop onto the end of medium height beam. Hold a balanced squat for 3 seconds | Cat leap on beam or Scissor kick on floor | Tuck jump & jump 1/2 turn on beam or Swedish fall, chest roll to front support | Forward roll on beam or Single legged circle on floor | Cartwheel on beam or Heli turn on floor | 360° Spin on beam or Double legged circle on mushroom | Punch front dismount from beam or Chest roll to handstand | Backward walkover on beam or Double legged circle on floor | Back flick on beam or Standing back somersault on floor |
| 10 | Strength, Balance & Supplety | Balance on one foot and then the other | On tummy, pulling body along a bench using just arms | Show bent knee balance to the front held for 3 seconds | Hold plank on elbows, 5 seconds | V-Sit held for 5 seconds | 3 press ups in front support | 3 tricep dips on bench, box or parallettes | 5 V-sits (consecutive, no feet or arms/head to touch floor) | Tucked level (elevated on benches, stilts or paralletts) | Y-balance or Arabesque, held 3 seconds | Japana or Half lever | Front splits (left or right) | Straddle lever or box splits | Elephant lift | Elephant lift from straddle lever |
| | Date passed | | | | | | | | | | | | | | | |