

Key Skills

Aesthetics:

- Good body tension and shoulders back.
- 'Look' like a gymnast

Rolls:

- Forward roll, log roll, teddy bear roll, backwards roll
- Maintain body tension throughout

Balances:

- Hold for at least 3 seconds
- Show good body tension with shoulders back
- Head Stand – triangle with head and hands, walk feed up to handstand position

Rotations:

- Cartwheel – Hands touch the ground followed by feet
- Get hip above head when performing

Take off and Landing on Vault:

- Two footed take off on springboards
- Two footed landing on safety mates

Through Vault:

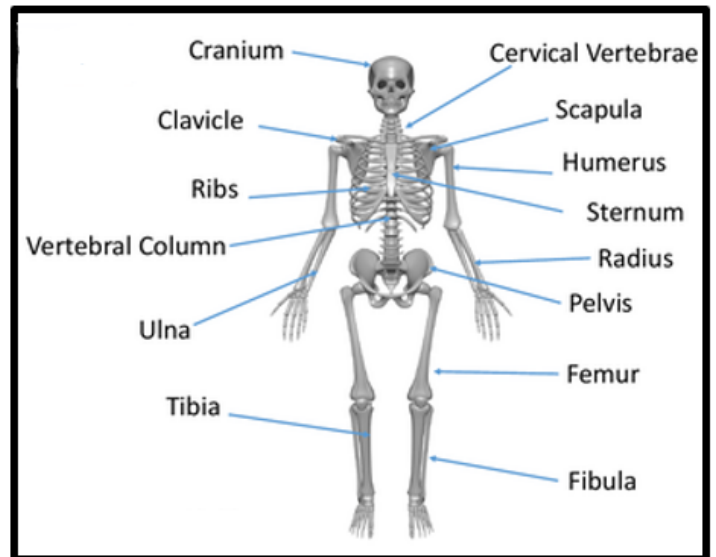
- Hands on box top just over shoulder width apart
- Knees up to chest and push through arms
- Keep looking up to stop over rotation

Straddle Vault:

- Hands on box top just over shoulder width apart
- Legs go to either side of arms so performer is straddling over vault
- Keep looking up to stop overrotation

Year 8 Gymnastics

Scientific Names of Bones



Example of Floor Routine and Vault

Floor



<https://www.youtube.com/watch?v=YZAZpxSu5DM>

While each video shows an elite athlete performing both gymnastics disciplines, look for basic similarities from the skills on this page to what is being performed.

Vault



<https://www.youtube.com/watch?v=v2UtiV28FBY>