

Gymnastics – Core and advanced skills

	Core skill	Advance skill
Year 7	<ul style="list-style-type: none"> - Take off - Flight - Landing - Balance using different parts of the body 	<ul style="list-style-type: none"> - Rolls – forwards and backwards variations - Jumps and leaps - Transition
Year 8	<ul style="list-style-type: none"> - Take off - Flight - Landing - Balance using different parts of the body - Rolls – forwards and backwards variations - Jumps and leaps - Transition 	<ul style="list-style-type: none"> - Cartwheels - Round offs - Twists/pivots - Dance elements - Tumbling lines
Year 9	<ul style="list-style-type: none"> - Take off - Flight - Landing - Balance using different parts of the body - Rolls – forwards and backwards variations - Jumps and leaps - Transition - Cartwheels - Round offs - Twists/pivots - Dance elements - Tumbling lines 	<ul style="list-style-type: none"> - Squat and straddle vault - Handspring Long arm <ul style="list-style-type: none"> - Run up - Use of springboard/trampette - Dismount

Decision making and tactical awareness, to include

- Difficulty/tariff of routine to complete
- Composition of routine
- How to respond to and interpret the music (where appropriate)
- How to ensure that the routine flows
- Body awareness, how to move effectively, smoothly and precisely
- Use of flight, when to move
- Acceleration/deceleration of movements
- Spatial awareness, how to make full use of the space that you have
- Use of showmanship to impress judges
- Awareness of strengths/weaknesses and actions of other gymnasts e.g. adopt a different routine/tariff of discipline depending on score achieved by other competitors.
- Awareness of the rules and regulations of the activity and their application (including judging signals)