

Individual Gymnastic balances.

Difficulty	Tips	Balances							
★★	<ul style="list-style-type: none"> - Always complete on mat. - Ensure full extension. - Hold for 3s - Keep tension in your core. 								
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<u>Routine</u> <u>Pointer:</u>	START: Balance			Travel	Balance	Travel	Balance	FINISH	

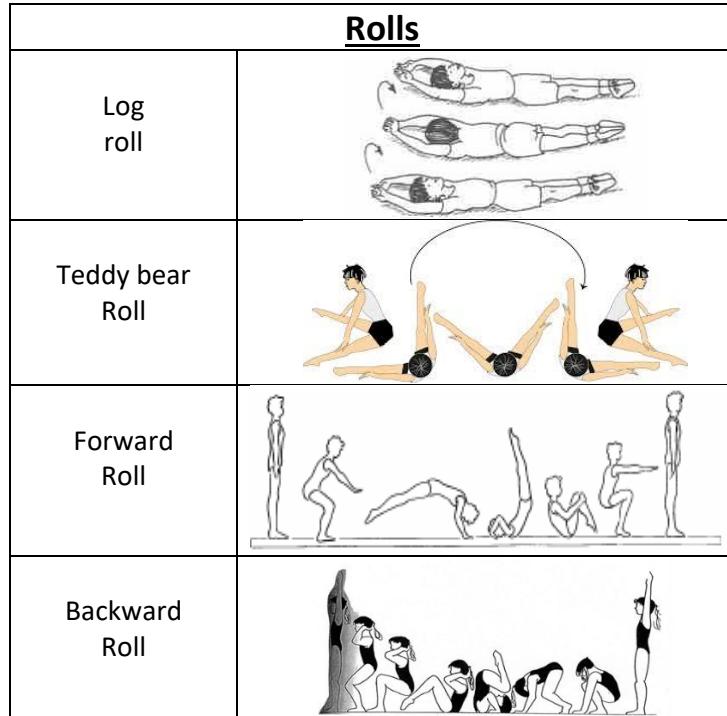
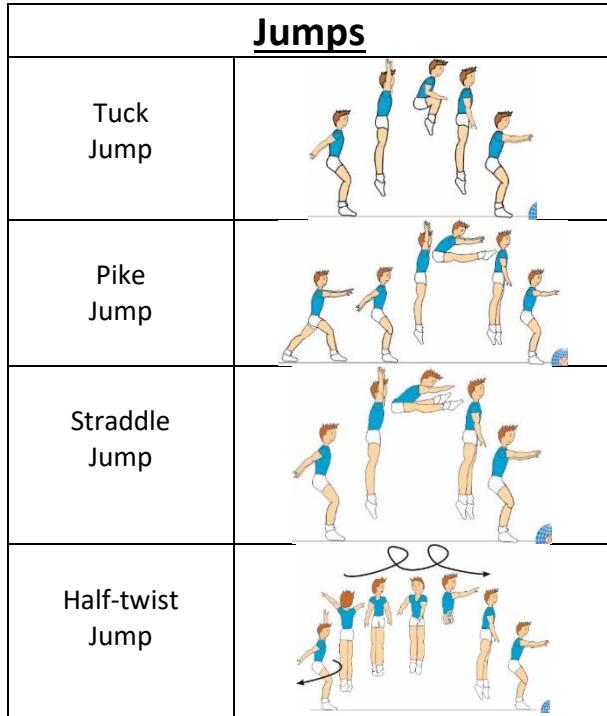
Key words:

Control.

Extension.

Tension.

Balance.



- Have I kept control?
- Have I kept tension?
- Am I aesthetically pleasing?
- Do I have a clear start and finish?
- Are my transitions smooth?
- Have I held my balances?
- How could I improve further?

Gymnastic Routines

	<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>	<u>Platinum</u>
Start	Start	Start	Start	Start
<u>1</u>	'Side plank'	Pike Jump	Straddle Jump	Pike, Half twist
<u>2</u>	Teddy bear roll.	Forward roll.	Forward roll.	Straddle backward roll.
<u>3</u>	'Dazzler'	Half twist jump.	Half twist jump.	Forward roll.
<u>4</u>	Tuck Jump.	Cartwheel.	Cartwheel.	Half twist jump.
<u>5</u>	Log roll.	'Bridge'	'Bridge'	Handspring.
<u>6</u>	'Sitting toe touch'	'Candlestick'	Forward roll.	'Handstand'.
<u>7</u>	Teddy bear roll.	Teddy bear roll.	'Headstand'	Full twist Jump.
<u>8</u>	'Peg leg'	Half twist jump.	Backward roll.	Pike forward roll.
<u>9</u>	Tuck jump.	Forward roll.	Full twist jump.	Backward roll.
<u>10</u>	'Sunshine'	Full twist jump.	'The ankle hold'	'Elbow stand'
Finish	Finish	Finish	Finish	Finish
	L D P M	L D P M	L D P M	L D P M