

LOOK WHAT WE'VE BEEN LEARNING!

REC GYM 12YRS+

TERM 3

Our 12 years and over gymnasts are building **strength**, refining **technique** and challenging themselves with more advanced skills every week!



SKILLS WE'VE BEEN WORKING ON

FLOOR SKILLS



- Round offs and hurdle round offs
- Back handsprings (step out or step off)
- Front somersaults (tucked and straight shapes)
- Back flips (tucked)
- Back layout step outs
- Back somersaults
- Dance skills: split jumps, ring leaps, chassis, turns and leaps

BEAM SKILLS



- Mounts and complex combinations
- Handstands (full and split)
- L-handstand, step down and switch
- Split jumps and leap series
- Turns: ½ turn, 1 turn, leg circle turns
- Relevé and balance holds
- Focus on clean landings and presentation

TRAMPOLINE SKILLS



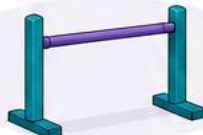
- Straight, tuck and star jumps
- Front somersaults to land on feet
- Back drops
- Seat drops
- Half turns and full turns
- Back lay layouts (controlled)
- Rebound to handstand

VAULT SKILLS



- Board take off drills (step, ski, jump)
- Round off onto springboard
- Handspring flatback over the vault
- Front handspring onto soft mat
- Stick landings and control

UNEVEN BARS SKILLS



- Long swing pullover
- Cast to long swing
- Kip drills and pull to front support
- Back hip circle to front support
- Toe on and clear hip
- Transitions and connections

STRENGTH & FLEXIBILITY



- Handstands and press handstands
- Bridge kickovers
- Walkovers and flexibility work
- Core strength and conditioning
- Hollow holds, V-snaps, arch rocks
- Split and oversplit stretches



MOVEMENT & COORDINATION

- Circuit training and strength challenges
- Jumping jacks, skipping and plyometric exercises
- Traffic Lights, River Adventure and River/Bank/Bridge games
- Following instructions, taking turns and working as a team

WHAT'S NEXT?

We'll keep building on these skills with new challenges, games and lots of encouragement every week!

GYMNASTS

Thank you for your support at home – it makes a big difference!

REMEMBER!



Bring your water bottle!



Hair tied back and leotard/active wear please!



Most importantly – come with a positive attitude and ready to have fun!



WE LOVE WATCHING OUR GYMNASTS
GROW, LEARN AND SHINE!

GO BG!