

Junior gem - LEVEL 1



2/12/22



| | | | |
|---|---|---|---|
| <p>★ Standing jump to land in correct shape</p> | ★ | <p>Hold and show a squat position on a low platform</p> | ★ |
| <p>Floor Bar: Climb over a raised, secured floor bar on a platform</p> | ★ | <p>Floor Bar: Stand and balance briefly on a floor bar</p> | ★ |
| <p>Beam: From stand - point toe of one foot out in front and balance with just toe touching beam and count to 3</p> | ★ | <p>Beam: Climb up on a mid/low beam from a springboard with light support</p> | ★ |
| <p>★ Beam: Sit astride beam - arms out</p> | ★ | <p>Jumping jacks</p> | ★ |
| <p>★ Rise on toe of one foot holding support and balance</p> | ★ | <p>Show a straddle sit with arms forward at horizontal</p> | ★ |
| <p>★ Long jumps from target to target</p> | ★ | <p>V shape supported</p> | ★ |

Junior gem - LEVEL 2



| | | | |
|--|---|---|---|
| Light stamping of feet repeatedly - ball of foot first | ★ | Bars: Brief hang on the bar (3 seconds max) supported with straight legs and big toes touching each other | ★ |
| Bench: From standing on a bench arms out - swing one leg backwards and forwards | ★ | Bench: Squat on to a bench from the floor | ★ |
| Beam: From stand - bend down to touch the beam with both hands and stand up without falling | ★ | Skipping along a path | ★ |
| Hold a three point balance facing forwards (front of body facing floor) | ★ | Standing stretched shapes - arms up then out sideways, forward at horizontal, return to start | ★ |
| Jump high to touch a target | ★ | Hold a stretched straight shape lying on floor on front and also on back - count to 10 | ★ |
| Lie down on front on a bench and slide along the bench using arms to pull - supported if necessary | ★ | Show a pike stand position hands on floor | ★ |



Junior gem - LEVEL 3



| | | | |
|--|---|--|---|
| Running along a vault strip using correct running arm action | ★ | Repeat rebound bounces on a springboard or trampette | ★ |
| Bars: Front support with support swing legs under and back x5 | ★ | Bars: Brief hang on the bar supported with straight legs then tuck then stretch out x2 | ★ |
| Beam: Walking along a beam unsupported turn around and go back the other way | ★ | Beam: Balance on all fours with no support | ★ |
| Beam: Sit on beam in tuck sit and balance sideways and length ways | ★ | Prancing like a show horse - knees up | ★ |
| Hopping on both legs | ★ | Standing scoop shape - arms down | ★ |
| Roll forward down a padded slope - unsupported | ★ | Lying on back - slide hands down front of slightly bent legs to a scoop shape - hold | ★ |

Junior gem - LEVEL 4



| | | | |
|---|--|---|--|
| Hop scotch action - repeated | | Floor bar: Make a squat shape on a floor bar - supported | |
| Beam: Climb up on a beam from a springboard unsupported | | Beam: On beam one foot in front of other - rise on toes and then lower heels x3 | |
| Beam: Sit on beam in long sit and balance, arms out | | Side steps repeated - step behind and step in front | |
| From sit - lie backwards over a gentle curve to stretched shape | | Long sit and reach for toes with legs straight | |
| Small bunny hops | | Teddy roll x2 back to back | |
| Lying down on front - lift in to an arch shape | | Slide along bench backwards in tuck or long sit using arms to push | |

Junior gem - LEVEL 5



| | | | |
|---|--|--|--|
| Balance on one leg with knee of other leg held up then hop to swop | | Step jump on to a springboard | |
| Make a straddle shape on a floor bar - supported | | Make a pike shape on a line | |
| Beam: From astride beam, stand up using any method without falling | | Bench: Jump on to bench unsupported | |
| Beam: Stand sideways in straddle - lean forwards and return to standing upright without falling | | Lunge set position for spin | |
| 1/2 turn on two feet | | Hold a four point balance with back facing the floor | |
| On hands and feet - jump from feet together to straddle shape and back | | Rock in tuck shape holding legs | |

Junior gem - LEVEL 6



| | | | |
|--|--|---|--|
| Step rebound bounce from floor to floor to land | | Floor Bar: Climb on and jump off a secured raised floor bar to land | |
| Beam: Walk along a beam backwards supported | | Beam: From all fours (feet or knees) stand up and balance on toes without falling | |
| Beam: Stand lengthways feet together arms up - lean forwards - keep arms in line with body - return to stand | | Sit with one leg straight and other tucked and swop over x4 | |
| Show a three point balance facing backwards | | Straddle sit lean forwards and reach hands forwards | |
| Lie on back resting on elbows - cycle legs | | Small bunny hops in a full circle hands staying in middle | |
| Free tuck hold balancing on bottom arms out | | V hold with hands on floor | |

Junior gem - LEVEL 7

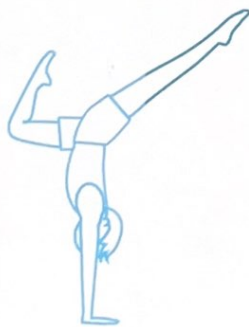
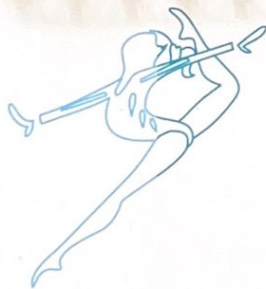


| | | | |
|---|--|--|--|
| Circle arms from behind to up in front and stop arms quickly | | Jump off a small platform to show land shape | |
| Bars: Swing and let go on back swing to land - all supported | | Bars: Supported - holding bar walk up a ramp to put legs over bar to tuck fold | |
| Beam: Side step along the beam | | Beam: Balance on one leg with spot support hold 3 seconds | |
| Beam: Make a crouch shape - one foot in front of the other and hold 3 seconds | | Long sit lift one leg and swop - swim kick style | |
| Long sit move legs to straddle sit and back to long sit in to frog/butterfly sit back to straddle | | Balance with one leg held off the floor behind | |
| Shoulder stand supported | | Jump over a swinging rope (back and forth) 5x | |

Junior gem - LEVEL 8



| | |
|--|---|
| <p>Show a standing straddle shape with hands on the floor - lift chest to straddle stand position</p> | <p>Bars: From pike fold over the bar, with help holding feet, lift chest to front support</p> |
| <p>Beam: One foot in front of other - half bend legs, arms down hold - then rise on toes and bring arms up</p> | <p>Beam: Small jump on beam from two feet to two feet supported</p> |
| <p>Beam: Hold rear support - supported</p> | <p>Lie flat on tummy lift one leg behind swop - swim kick style</p> |
| <p>Stepping and kicking legs up straight in front</p> | <p>Swing one leg to side and then other like a pendulum</p> |
| <p>Spider runs on all fours</p> | <p>Jump backwards off low platform to land correctly</p> |
| <p>Standing inside a hoop, bend down grab and jump up with it above head</p> | <p>Holding a hoop in position above head, short leaps from foot to foot on targets</p> |



Disclaimer: This publication is designed for use in gymnastics clubs to provide a progressive structure for gymnasts and coaches. It is the responsibility of the club using this publication to ensure that its coaches are insured and qualified to teach the level of elements within it.

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Emerald - VAULT



| | |
|---|--------------------------|
| Hands on beam or wall, run on spot with knees up for 20 seconds on balls of feet | <input type="checkbox"/> |
| Run through floor ladder knees up using running arm action **5 | <input type="checkbox"/> |
| 15 metre accelerated run on balls of feet | <input type="checkbox"/> |
| Step land dead on springboard - arms & chest back **5 | <input type="checkbox"/> |
| Step, rebound off springboard, arms move up fast, stretch jump to land correctly on mat **5 | <input type="checkbox"/> |
| 3 steps take off springboard to low platform, land correctly, jump from low platform controlled landing **5 | <input type="checkbox"/> |
| Squat on mid/low height platform, snap stand up, pause, controlled jump off **5 | <input type="checkbox"/> |
| Straddle on to mid/low platform with straight legs. Jump feet together, controlled jump off **5 | <input type="checkbox"/> |
| Standing jump from higher platform to controlled landing **3 | <input type="checkbox"/> |
| Mid height box squat on immediate spring off to controlled landing | <input type="checkbox"/> |
| Mid height box with pile up, stoop (pike) on, lift chest and immediate jump to controlled landing | <input type="checkbox"/> |
| From run, take off springboard, stoop (pike) on mid height platform, immediate tuck jump off to land | <input type="checkbox"/> |

Emerald - BARS

LOW BAR

| | |
|---|-------------------------------------|
| Walk up a ramp to upward circle to front support | <input type="checkbox"/> |
| Hold front support 5 seconds and hold rear support sitting on bar 5 seconds | <input type="checkbox"/> |
| Cast x3 linked and controlled | <input checked="" type="checkbox"/> |
| Back hip circle from a cast with support | <input type="checkbox"/> |
| Squat on to a floor bar **3 and Straddle on to a floor bar**3 | <input type="checkbox"/> |
| Squat balance hold on a low bar 5 seconds (perching on the bar) with light support | <input type="checkbox"/> |
| Low L hold in a hang, hips rolled under - hold position for 5 seconds (float shape with no swing) | <input type="checkbox"/> |
| HIGH BAR | <input type="checkbox"/> |
| Hang on bar in over grasp and in undergrasp and mixed grasp 5 seconds each | <input checked="" type="checkbox"/> |
| From front support, circle forward over bar to chin up position, hold 3 seconds, lower to hang | <input type="checkbox"/> |
| Hang on bar in a scoop hold 3 seconds and hang on bar in an arch hold 3 seconds **5 | <input type="checkbox"/> |
| Fish swing taps (wiggles - no swing) x 10 | <input type="checkbox"/> |
| Leg lifts from hang to horizontal x5 no support | <input type="checkbox"/> |

Emerald - BEAM GYM

WALKS TURNS SPINS HOLDS

| | |
|--|--------------------------|
| Point toe step to flat foot 1 length. Then walk on toes forward 1 length (point toe before foot placement) | <input type="checkbox"/> |
| Dip step kicks - sweep foot down side of beam rise on toe in the kick - 1 length | <input type="checkbox"/> |
| Point toe behind and lift leg straight without leaning hold 5 seconds **5 each leg | <input type="checkbox"/> |
| Walking on toes backwards down length of beam | <input type="checkbox"/> |
| From one foot in front, on toes, lower to crouch hold 5 secs, return to stand on toes, hold, lower heels | <input type="checkbox"/> |
| Spin set up, rise, step through - 1 length. Arms - 1. initial set shape, 2. ring above head, 3.out at horizontal | <input type="checkbox"/> |

LEAPS & JUMPS

| | |
|--|--------------------------|
| Stretch jump - one foot in front of other, hips tucked under on landing **5 | <input type="checkbox"/> |
| Jump over 5 small obstacles on beam 1 length | <input type="checkbox"/> |
| Leap land shape - bent support leg, arms out, free leg held behind low and straight. Balance 5 seconds **5 | <input type="checkbox"/> |
| Swing one leg forward lift off beam and land on 2 feet **5 | <input type="checkbox"/> |
| Swing one leg forward lift and land on 2 feet immediate stretch jump **5 | <input type="checkbox"/> |
| Single cat leaps - 1 length | <input type="checkbox"/> |

Emerald - BEAM ACRO

MOUNTS & DISMOUNTS

- | | |
|---|--------------------------|
| Mount - Jump to front support hold 3 seconds | <input type="checkbox"/> |
| Mount - Jump to front support swing one leg over beam to cross sit | <input type="checkbox"/> |
| Mount - Tuck sit on beam side on, extend legs to rear support - hold, bend legs & lift to tuck hold | <input type="checkbox"/> |
| Mount - Squat side on with hand support - hold, then with no hand support - hold, stand up on toes - hold | <input type="checkbox"/> |
| Dismount - Step jump from two feet, stretch jump off end of beam, controlled landing | <input type="checkbox"/> |
| Dismount - Stand on end of beam facing backwards, stretch jump backwards off to controlled landing | <input type="checkbox"/> |

ROLLS & ACRO

- | | |
|---|--------------------------|
| Step kick lunge hold 2 secs, join back foot to front foot and lift chest. Arms up throughout - 1 length | <input type="checkbox"/> |
| From straddle sit facing along beam, swing back to crouch | <input type="checkbox"/> |
| Bunny hops along the length of the beam | <input type="checkbox"/> |
| Front support hold along the beam 3 seconds then walk feet in to high tuck hold 3 seconds **3 | <input type="checkbox"/> |
| From high tuck stand forward roll to tucked sit - one leg extended (can use mat) | <input type="checkbox"/> |
| Sit facing down length on beam, roll back and stand up on one leg or both legs | <input type="checkbox"/> |

Emerald - FLOOR GYM

LEAPS & JUMPS

- | | |
|---|--------------------------|
| Hold leap landing shape 5 seconds, step, immediate small leap to hold landing shape 5 seconds **5 | <input type="checkbox"/> |
| Stretch Jump **3 controlled landing & Star jump controlled landing **3 | <input type="checkbox"/> |
| Swing leg up forwards straight and rise on toe followed by swing leg backwards rise on toe *8 each leg | <input type="checkbox"/> |
| Tuck jump with controlled landing **3 and Catleap with controlled landing **3 - toes pointed through both | <input type="checkbox"/> |
| Cat leaps linked x3 followed by cat leap 1/2 turn | <input type="checkbox"/> |
| Standing stretch jump linked to stretch jump 1/2 turn - hold landing correctly | <input type="checkbox"/> |

HOLDS TURNS & SPINS

- | | |
|--|--------------------------|
| Spin set, rise and step through. Arms - 1. set shape 2. ring above head 3. out to side horizontal **5 | <input type="checkbox"/> |
| Calf raises on one foot x 10 each leg - free leg pointed to knee of other - can use wall for support - RL&LL | <input type="checkbox"/> |
| Lift leg forward straight, touch toe to knee, extend leg. Repeat with rise on toe - wall support **3 - RL&LL | <input type="checkbox"/> |
| Lift leg sideways straight touch toe to knee, extend leg. Repeat with rise on toe - wall support **3 - RL&LL | <input type="checkbox"/> |
| Balance on one leg, other held backwards straight - chest upright throughout. 3 secs - RL&LL | <input type="checkbox"/> |
| On toes throughout - two footed half turn, crouch, 1/2 turn in crouch, stand then drop heels | <input type="checkbox"/> |

Emerald - FLOOR SHAPES



LEVERS & SHAPES

- Sitting tuck, sitting pike, sitting W shape, sitting straddle pike, lying star
- Hanging tuck, hanging star and hanging W shape
- Straddle fold seated & Pike fold seated
- Step kick lunge hold 8 secs each leg forward and sideways
- Up / ski jump to land in a lunge **5
- Walking 6 steps toe to heel, stop, present

HANDSTANDS & ROLLS

- Step kick lunge hold, put hands on floor & lift leg bwd towards split, swing leg down and lift chest to lunge
- Front support feet on platform, open shoulders to make pike shape 5 secs, lift one leg straight hold 5 secs
- High bunny hops (not long) feet up in a tuck (half jump to handstand) x10
- Rock on back x5 and roll forward to finish in crouch on toes feet together
- Shoulder stand hold, roll forward to tuck in sitting position, rock back to place hands as for backward roll
- Forward roll from stand to stand

Emerald - FLOOR ACRO

FLIGHTED HAND SUPPORT & SALTOS

- Front support hold 5 seconds followed by bunny hops x5
- Extended bunny hops with long reach both tucked and straddled
- From stand, scooped shape, hands on thighs, fall to safety mat backwards stay in tension throughout **5
- 'Throw a ball' action - standing arch to scoop with arms up
- Step rebound jump with arms already up use 'throw a ball action'
- Backward roll down a slope

WALKOVERS & CARTWHEELS

- Lie over curve arms back, lift leg up straight throughout hold 5 seconds **3
- Bridge supported
- Back bend to bridge supported
- Bunny hops side to side over bench from two feet to two feet length and one foot to one foot length
- Kick, side lunge hold then low cartwheel over low block or bench
- Cartwheel to straddle handstand against upright safety mat supported. Also straddled handstand against upright safety mat cartwheel out to lunge supported

Emerald - BODY PREP

Press ups on knees x 6

Lie on back on floor, pull in to scoop - straight arms rest against top of legs, heels pressed to floor x 6

Chin ups supported x 6

Arch lifts on floor x 15

Wrist change for bars on floor bar from zero angle wrist to 90 degree (front support grip) x 12

Supported tucked handstand, straddled handstand and straight handstand hold 5 seconds each

From hang, leg lifts supported x 6 (legs must stay straight and toes pointed)

Stand back to wall - press straight arms above head to wall to touch hands on wall - hold 20 seconds

Pike on to a low platform and snap stand up x 8

Touch the floor then stretch jump with toes pointed repeat x 12

Free V hold for 5 seconds

Bent knee dish rocks x 15

Sapphire - VAULT

Squat on long box, straddle or squat through off end

Straddle over cross box

Squat through cross box

Layout squat through or layout straddle over cross box

From lunge with arms back, circle arms fwd, kick to handstand and drop to safety mat holding tension **3

Handstand thrust to land on back on safety mat (floor or box to pile up) **3

Handstand thrust from springboard - lunge before board, hands on board, push, land flat on safety mat **3

Stand on springboard with hands placed on vault. Jump kick feet back to touch target - hand of coach **8

Run jump kick heels back to target - hand of coach held at appropriate height **5

Low pile up. Run, take off, kick back to handstand supported, drop to back holding tension **3

From run, take off springboard, stretched jump up to mid height platform immediate jump off and land

Stand facing wall arms back, fall fwd & swing arms, rebound thrust off wall to return to upright position **5

Sapphire - BARS

| | |
|---|--------------------------|
| LOW BAR | <input type="checkbox"/> |
| Single float swing and return to stand **3 | <input type="checkbox"/> |
| Upward circle to front support unsupported | <input type="checkbox"/> |
| Cast squat on jump off & cast straddle on jump off - both supported | <input type="checkbox"/> |
| Cast to horizontal supported | <input type="checkbox"/> |
| Straddle on undershoot off low bar supported | <input type="checkbox"/> |
| Upward circle cast back hip circle linked | <input type="checkbox"/> |
| Back hip circle linked to squat on jump forward supported | <input type="checkbox"/> |
| HIGH BAR | <input type="checkbox"/> |
| Swings using a fish kick - minimum x3 | <input type="checkbox"/> |
| 3 repeat casts **3 | <input type="checkbox"/> |
| From hang in reverse grip, drop arm and 1/2 turn to regrip in forward grip | <input type="checkbox"/> |
| Trolley swing to swing fwd and bwd x 3 with regrip then release on backward swing to controlled landing | <input type="checkbox"/> |
| BOTH BARS | <input type="checkbox"/> |
| Jump from low bar to catch high bar and counter swing with support | <input type="checkbox"/> |

Sapphire - BEAM GYM

| | |
|---|--------------------------|
| WALKS TURNS SPINS HOLDS | <input type="checkbox"/> |
| Step sideways & together on toes - length of beam | <input type="checkbox"/> |
| Step kick rise on toes forward followed by step kick rise on toes backward **5 each leg | <input type="checkbox"/> |
| Step swing leg to horizontal touch toe to knee re extend, step (whole length) | <input type="checkbox"/> |
| Standing stretch jumps down length of beam - one foot in front | <input type="checkbox"/> |
| Rise on toes 1/2 turn with arms up (using shoulder back to create turn) to finish on toes **3 | <input type="checkbox"/> |
| From stand, rise on toes, crouch, 1/2 turn, stand up on toes, step back and 1/2 turn on toes, lower heels | <input type="checkbox"/> |
| LEAPS & JUMPS | <input type="checkbox"/> |
| Cat leaps with pointed toes linked x 3 | <input type="checkbox"/> |
| Tuck jump with pointed toes | <input type="checkbox"/> |
| Long stride to land in leap landing position - chest up, bent support knee, free leg held behind straight | <input type="checkbox"/> |
| Stag leap | <input type="checkbox"/> |
| Swing one leg forward lift and land on 2 feet immediate switch leg jump, immediate stretch jump | <input type="checkbox"/> |
| 2 Sapphire leaps/jumps linked | <input type="checkbox"/> |

Sapphire - BEAM ACRO

| MOUNTS & DISMOUNTS | |
|--|--------------------------|
| Mount - Squat on hold for 3 seconds, 1/4 spin in crouch and stand up - on toes throughout | <input type="checkbox"/> |
| Mount - Straddle on and stand up with control | <input type="checkbox"/> |
| Mount - Jump swing one leg over beam to straddle lever facing along beam | <input type="checkbox"/> |
| Mount - Squat on, lift to tuck hold and straighten legs to rear support or squat through to rear support | <input type="checkbox"/> |
| Dismount - Run 3 steps along beam and stretch jump from two feet off end to controlled landing | <input type="checkbox"/> |
| Dismount - From standing on beam, roundoff off end of beam - controlled landing | <input type="checkbox"/> |
| ROLLS & ACRO | |
| Forward roll from stand to stand | <input type="checkbox"/> |
| Kick to near handstand and step down finish in lunge | <input type="checkbox"/> |
| Cartwheel to handstand supported, lean over and 1/4 turn out to land on floor to side of beam | <input type="checkbox"/> |
| From straddle sit on beam, swing back to crouch immediate forward roll | <input type="checkbox"/> |
| Free roll - can use mat | <input type="checkbox"/> |
| Cartwheel front to back land in lunge on low beam | <input type="checkbox"/> |

Sapphire - FLOOR GYM

| LEAPS & JUMPS | |
|--|--------------------------|
| Near split leap to land - chest up, bent support knee, free leg held behind low and straight, arms out | <input type="checkbox"/> |
| Stag leap | <input type="checkbox"/> |
| W jump | <input type="checkbox"/> |
| Straight jump 1/1 | <input type="checkbox"/> |
| Scissor leap - (swing one leg up forwards straight and switch legs straight in flight) | <input type="checkbox"/> |
| 2 Sapphire level leaps/jumps linked | <input type="checkbox"/> |
| HOLDS TURNS & SPINS | |
| Half spin step half turn on toes throughout & repeat on other leg | <input type="checkbox"/> |
| Full spin - controlled exit | <input type="checkbox"/> |
| Back full spin - controlled exit | <input type="checkbox"/> |
| Front support hold, 1/2 turn to rear support hold, 1/2 turn to front support and repeat in other direction x 6 | <input type="checkbox"/> |
| Swing leg up forward and hop with pointed toes x 6 each leg | <input type="checkbox"/> |
| V sit free hold 10 seconds | <input type="checkbox"/> |

Sapphire - FLOOR SHAPES

| LEVERS & SHAPES | |
|--|--------------------------|
| Straddle sit, hands on floor either side of knee hold leg up straight 6 seconds - RL&LL **3 | <input type="checkbox"/> |
| Straddle sit, hands on floor in front of body, hold both legs up at same time straight 3 seconds | <input type="checkbox"/> |
| Bridge | <input type="checkbox"/> |
| Bridge one leg held up straight towards vertical (or close to) | <input type="checkbox"/> |
| Long sit, back straight, legs extended so heels lift off the floor - without leaning back | <input type="checkbox"/> |
| Tuck lever on floor bars (paralettes) hold 5 seconds | <input type="checkbox"/> |
| HANDSTANDS & ROLLS | |
| Kick near handstand and come down on the same leg | <input type="checkbox"/> |
| Kick to handstand, hold supported for 20 seconds | <input type="checkbox"/> |
| Handstand against wall (facing in - front of body against wall) hold 20 seconds | <input type="checkbox"/> |
| Forward roll through shoulder stand roll to 3 variation stand up - on one leg, both legs & straddled | <input type="checkbox"/> |
| Free roll with foot position as would be for beam, one in front of other | <input type="checkbox"/> |
| Backward roll from stand to stand | <input type="checkbox"/> |

Sapphire - FLOOR ACRO

| FLIGHTED HAND SUPPORT & SALTOS | |
|---|--------------------------|
| Lean and jump backwards to land on back to tight slight arch shape on safety mat | <input type="checkbox"/> |
| Using 'throw a ball action' - dive roll on to a mid height pile of mats | <input type="checkbox"/> |
| Supported - Arc handstand through shoulders snap to scoop, drop to tension on safety mat | <input type="checkbox"/> |
| Swing arms to block and push hips over toes at the same time - back salto take off position | <input type="checkbox"/> |
| Ramped pile up - Jump to back of shoulders on pile using arm block and hips up action, roll down ramp | <input type="checkbox"/> |
| From sit on knee/low platform - supported arch back to flic shape hold then flip to scooped front support | <input type="checkbox"/> |
| WALKOVERS & CARTWHEELS | |
| Cartwheel side to side | <input type="checkbox"/> |
| Two cartwheels linked - leg held up in between | <input type="checkbox"/> |
| Front to back cartwheel on a line - feet in line. Land in lunge | <input type="checkbox"/> |
| Handstand drop to bridge and stand (supported) | <input type="checkbox"/> |
| Bridge with feet on a platform - lift one leg up straight and kick over | <input type="checkbox"/> |
| Back bend to bridge on a safety mat | <input type="checkbox"/> |

Sapphire - BODY PREP

Press ups in front support x 5

Hold a stretch shape on floor face down 30 secs & on back for 30 seconds

V sits x 6

From hang - leg lifts supported from horizontal x 10 (legs must stay straight and toes pointed)

Chin ups in reverse grip supported x 6

Hold a plank for 30 seconds

Arch rocks on floor x 15

Shoulder shrug in handstand facing in against wall x 10

Rebound jumps on and off a small platform x 12

Straight leg dish rocks x 12

Dish hold 15 seconds

Side support dips - with support arm bent, resting on lower arm/elbow x 10 each side

Ruby - VAULT

Vault with pile up, run, take off kick back to handstand unsupported drop to flat

Handstand hop on floor **5

Vault with pile up. Run, stretch jump to platform handspring flatback off with thrust and flight

Flat back vault mid height vault

Straight front salto on to back on a pile up - heel lead - supported

From stand on vault, supported handstand push off vault to stretch shape to stand **5

Handspring from standing on vault unsupported to land

Full Handspring vault supported high vault

Full Handspring vault unsupported high vault

Step and take off springboard jump 1/2 turn (using shoulder back action to initiate turn) to land on floor **5

Short run jump 1/2 turn using shoulder back action to land on a pile up on back in tension

1/2 on to mid height pile up, land on stomach, roll 1/2 turn

Ruby - BARS

LOW BAR

Straddle shoot unsupported

3 float swings linked (feet stay off floor throughout) - piked or straddled **3

Upward circle, cast hip circle, squat on jump forward all linked

From front support on bar, drop down keeping feet by the bar and perform 2nd part upstart supported **3

Pike on undershoot

Double back hip circle from a single cast

HIGH BAR

Straddle shoot to controlled landing

Back hip circle immediate straddle shoot

Trolley swing into swings with fish kick, circle up and over to front support

Hanging 1/2 turns from one side of bar to other

Cast baby giant (or 3/4 giant) to front support - supported

BOTH BARS

Jump to catch high bar, counter swing and then circle over to front support using fish kick swing

Ruby - BEAM GYM

WALKS TURNS SPINS HOLDS

Small bounces forwards down length on beam, one foot in front of the other.

Arabesque - from heel lift not from dropping chest hold 5 seconds

Stand, bend forwards to place hands on beam, kick to split and return to stand in lunge**5

1/2 spin using correct arm action step out forwards

1/2 spin using correct arm action step out backwards

1/2 spin step 1/2 turn finish on toes

LEAPS & JUMPS

W jump

Split jump

Split leap to land - chest up, back tight, arms out, bent support leg, free leg held behind low and straight

Change to W

Sissone

2 Ruby leaps/jumps linked

Ruby - BEAM ACRO

MOUNTS & DISMOUNTS

Mount - Straddle over to straddle lever hold side on

Mount - Forward roll on to end of beam to stand (can use mat)

Dismount - Cartwheel jump back off beam

Mount - Jump from two feet to two feet at side or end of beam using springboard and run

Dismount - Front salto dismount supported

Dismount - Back salto dismount supported

ROLLS & ACRO

Held handstand - optional leg position and optional entry and exit

Cartwheel on the high beam

Handstand forward roll (can use mat)

Backward walkover or backward roll (can use mat)

Handstand step down backward walkover or backward roll linked (can use light support)

Tic toc (can use mat or support)

Ruby - FLOOR GYM

LEAPS & JUMPS

Split jump

Sissone to land - chest up, back tight, arms out, bent support leg, free leg held behind low and straight

Change to W

Cat leap 1/1

Straddle pike jump

2 Ruby level leaps/jumps linked

HOLDS TURNS & SPINS

Y balance - holding leg 5 seconds

Arabesque - leg at or above horizontal 5 seconds

5 sec hold on flat foot of one leg, other straight near horizontal forward - RL & LL

3 sec hold on toes of one leg, other leg - toes pointed to knee - RL & LL with no support to hold

Hold leg forward 3 sec move to side for 3 sec move to back for 3 sec return to stand RL & LL

Full spin leg - held straight and low

Ruby - FLOOR SHAPES

LEVERS & SHAPES

Straddle lever on bench - hold 5 seconds

L lever on floor bars (parallettes) 5 rocks

Straddle lever on floor bars (parallettes) 5 rocks

Splits on right or left leg

Japana - 'swim' through

Straddle lever on floor hold 3 seconds

HANDSTANDS & ROLLS

Held handstand straight for 2 seconds

Handstand forward roll with bent arms

Handstand forward roll with straight arms

Handstand 1/2 turn

Backward roll to handstand with bent arms

Backward roll piked to front support with straight arms

Ruby - FLOOR ACRO

FLIGHTED HAND SUPPORT & SALTOS

Pile up - front somersault to sit - followed by forward roll off platform to land

Donkey kick from low platform supported

Donkey kick from box rebound to back on 2 mats unsupported

Back flic with support

Backward salto supported from low box

Handspring to two supported off springboard to stand - hands on springboard

WALKOVERS & CARTWHEELS

Backward walkover

Dive cartwheel

1 handed cartwheel using first hand and 1 handed cartwheel using second hand

Cartwheel front to back - 2nd hand turned in, 2nd leg drive down to join 1st foot. Chest lift scoop, arms low

Round off from up / ski jump

Forward walkover

Ruby - BODY PREP

Press ups with feet raised on platform x 6

Lie on back, tuck rock up to shoulder and kick outs to dish fast x 15

Split leap to arabesque x10

From hang - full leg lifts unsupported x 6

Chin up and over supported x 6

Standing jump backwards to controlled landing off high platform and forwards off high platform **3

Pike stand, walk hands out to front support hold 5 seconds and walk feet in to pike x 6

Squat by bar on a block and use upstart action to front support pushing from legs x 15

From lying on side on the floor - Side lifts x 10 each side

Dish hold 1/2 turn to arch and back x 10

Chin ups in overgrasp supported x 5 immediately followed by chin ups in undergrasp supported x 5

From stand - high kick fwd then place hands on floor and kick bwds to split return to stand x 10 RL&LL

Diamond - VAULT

Handstand hop up a step **5

Pile up - 1/2 on to higher pile up, land on stomach, roll 1/2 using shoulder to make turn

Pile up - 1/2 on to higher pile, 1/2 off to flat back using shoulder to make turn

1/2 on high vault land on floor, jump half turn

1/2 on 1/2 off to land

1/2 on-1/2 off land immediate jump 1/2 turn

Pile up - Handspring, clap hands together, land on back, 1/2 turn roll with arm under, 1/2 turn roll arm out

Pile up - Handspring, clap hands, 1/2 turn land on front, arm underneath body, 1/2 turn roll arm out

Handspring with late 1/2 turn to land, pause, jump 1/2 turn

Handspring 1/2 turn off to immediate jump 1/2

From stand on block/box with pile up, roundoff cut through to land on back/shoulders

Pile up 1/2 on to land standing up on pile up and drop to back straight

Diamond - BARS

| | |
|---|--------------------------|
| LOW BAR | |
| Piked / tucked backward sole circle | <input type="checkbox"/> |
| Upstart (light support if required) | <input type="checkbox"/> |
| Cast to handstand supported (straddled or straight) | <input type="checkbox"/> |
| Upstart immediate cast back hip circle (light support if required) | <input type="checkbox"/> |
| Straddle on to heels and reverse grip, forward sole circle, change grip float out | <input type="checkbox"/> |
| Clear circle (support if required) | <input type="checkbox"/> |
| HIGH BAR | |
| Swing 1/2 turns - 3 minimum | <input type="checkbox"/> |
| Back hip circle, immediate straddle shoot 1/2 turn | <input type="checkbox"/> |
| Long upstart (light support if required) | <input type="checkbox"/> |
| Cast long clear to scoop - supported | <input type="checkbox"/> |
| BOTH BARS | |
| Jump to catch high bar and immediate circle over to front support using fish kick | <input type="checkbox"/> |
| Pike on, backward sole circle, jump to catch, swing and circle up | <input type="checkbox"/> |

Diamond - BEAM GYM

| | |
|--|--------------------------|
| WALKS TURNS SPINS HOLDS | |
| 1/1 spin high on toe step forward to controlled exit | <input type="checkbox"/> |
| Arabesque, rise on toe, hold, then drop heel | <input type="checkbox"/> |
| Y balance - hold leg with hand, release leg, hold and lower | <input type="checkbox"/> |
| Needle scale (hands on beam) | <input type="checkbox"/> |
| 1/1 spin step 1/2 turn | <input type="checkbox"/> |
| Step 1/4 turn step behind sideways and 3/4 turn out finish on toes | <input type="checkbox"/> |
| LEAPS & JUMPS | |
| Straight jump 1/2 | <input type="checkbox"/> |
| Tuck jump 1/2 | <input type="checkbox"/> |
| Cat leap 1/2 | <input type="checkbox"/> |
| Pike jump | <input type="checkbox"/> |
| Straddle pike (length or cross) | <input type="checkbox"/> |
| Any 3 leaps or jumps linked - one must be a diamond leap or jump | <input type="checkbox"/> |

Diamond - BEAM ACRO

MOUNTS & DISMOUNTS

Mount - Straddle to handstand controlled landing out

Mount - Squat through to russian lever or straddle on to side of beam to japana fold

Mount - Jump from two feet on to end of beam to land on one foot from run and using springboard

Dismount - Cartwheel tuck back linked

Dismount - Pike front salto dismount

Dismount - Roundoff jump off end of beam (can use mat)

ROLLS & ACRO

Handstand chest roll down (can use mat)

Cartwheel linked to backward walkover or backward roll

Flic to one (can use mat or support)

Round off (can use mat or support)

Forward walkover (can use mat or support)

Handstand step down flic linked (can use mat or support)

Diamond - FLOOR GYM

LEAPS & JUMPS

Stretch jump 1 1/2

Tuck 1/1

Ring jump or leap

Split jump 1/2

Split change

3 leaps/jumps linked - one must be diamond level

HOLDS TURNS & SPINS

Y balance using hand to hold leg, on toe 2 seconds

Needle scale on toe with hand support

2/1 spin

Hold leg forward near horizontal swing it backwards to arabesque hold, rise on toe then lower heel

Full spin leg held near horizontal straight

Full spin to arabesque

Diamond - FLOOR SHAPES

| LEVERS & SHAPES | |
|---|--------------------------|
| Handstand lower down to straddle sit | <input type="checkbox"/> |
| Straddle lever on the end of a bench, lift legs backwards to stand on the floor in front of the bench | <input type="checkbox"/> |
| Russian lever hold 2 seconds (can be on bench or springboard) | <input type="checkbox"/> |
| Splits on both legs | <input type="checkbox"/> |
| Perch (in tuck) on bench 3 seconds | <input type="checkbox"/> |
| Standing straddle lift to handstand (from platform if required) | <input type="checkbox"/> |
| HANDSTANDS & ROLLS | |
| Jump straddle to handstand and lower to straddle sit | <input type="checkbox"/> |
| Held straight handstand next to wall (stomach facing wall) - can tap feet, but total free hold to be 5 secs | <input type="checkbox"/> |
| Handstand 1/1 turn | <input type="checkbox"/> |
| Handstand split hold 2 seconds switch split 2 seconds | <input type="checkbox"/> |
| Handstand walk 4 meters | <input type="checkbox"/> |
| Backward roll to handstand with straight arms and step down | <input type="checkbox"/> |

Diamond - FLOOR ACRO

| WALKOVERS HANDSPRINGS CARTWHEELS FLIGHT | |
|--|--------------------------|
| Cartwheel cut through to split | <input type="checkbox"/> |
| Handspring to two feet | <input type="checkbox"/> |
| Flic to two (light support if required) | <input type="checkbox"/> |
| Flic to one (light support if required) | <input type="checkbox"/> |
| Roundoff flic | <input type="checkbox"/> |
| 2 flics linked (can be from stand or roundoff) | <input type="checkbox"/> |
| AERIALS & SALTOS | |
| Free cartwheel (light support if required) | <input type="checkbox"/> |
| Front somersault on floor | <input type="checkbox"/> |
| Back somersault from low platform unsupported | <input type="checkbox"/> |
| Standing back somersault on floor supported | <input type="checkbox"/> |
| Front somersault to land in a lunge | <input type="checkbox"/> |
| Round off flic somersault or roundoff somersault | <input type="checkbox"/> |

Diamond - BODY PREP

| | |
|---|--------------------------|
| Press up, bounce hands off floor x 6 | <input type="checkbox"/> |
| V sit to brief russian lever x 8 | <input type="checkbox"/> |
| Dish hold for 10 seconds immediately followed by 10 dish rocks | <input type="checkbox"/> |
| Jump backwards to lie on curved support - swinging one leg up straight to towards vertical x10 | <input type="checkbox"/> |
| From pike stand walk hands out to front support, hold, and walk hands back to stand x 15 | <input type="checkbox"/> |
| 1/2 chin ups - look under and over bar x 6 | <input type="checkbox"/> |
| Leg resting at horizontal fwd on platform, use hand support - hop, swing back leg up to split and land x10 | <input type="checkbox"/> |
| Leg resting at horizontal bwd on platform, use hand support - hop, swing front leg up to split and land x10 | <input type="checkbox"/> |
| Burpees with leg kick forward on alternate legs x 16 | <input type="checkbox"/> |
| Roll to stand on one leg, W hop x 4 each leg | <input type="checkbox"/> |
| Donkey kick from a springboard, rebound to stand on springboard x8 | <input type="checkbox"/> |
| From kneel, tuck to handstand x 10 | <input type="checkbox"/> |

RUBY AWARDS

DIAMOND AWARDS

| | DATE | | DATE |
|----------------------------|-------|----------------------------|-------|
| VULT MEDAL AWARDED | | VULT MEDAL AWARDED | |
| BARS MEDAL AWARDED | | BARS MEDAL AWARDED | |
| BEAM GYM MEDAL AWARDED | | BEAM GYM MEDAL AWARDED | |
| BEAM ACRO MEDAL AWARDED | | BEAM ACRO MEDAL AWARDED | |
| FLOOR GYM MEDAL AWARDED | | FLOOR GYM MEDAL AWARDED | |
| FLOOR SHAPES MEDAL AWARDED | | FLOOR SHAPES MEDAL AWARDED | |
| FLOOR ACRO MEDAL AWARDED | | FLOOR ACRO MEDAL AWARDED | |
| BODY PREP MEDAL AWARDED | | BODY PREP MEDAL AWARDED | |

Disclaimer: This publication is designed for use in gymnastics clubs to provide a progressive structure for gymnasts and coaches. It is the responsibility of the club using this publication to ensure that its coaches are insured and qualified to teach the level of elements within it.

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