



YEAR 7/8 GYMNASTICS ROUTINES

Non – Club Gymnasts

1. Forward roll to straddle
2. Teddy bear roll
3. Shoulder stand (hips supported)
4. Dish/arch hold
5. Push to front support, jump feet in to stand
6. Cartwheel
7. Arabesque
8. Straight jump
9. Tuck jump



YEAR 7/8 GYMNASTICS ROUTINES

Club Gymnasts

1. Forward roll, immediate half turn
2. Backward roll to star shape
3. Jump feet together, choice of bridge/splits (held for 3 seconds)
4. Shoulder stand, roll to stand without hand support
5. Handstand forward roll
6. Jump full turn
7. Cartwheel
8. Round off
9. Star jump