

Autumn Term

FOCUS SKILLS

Date (WC)	Class	Tumble	P Bars	A Bars	Floor
01/09	Novice / Novice 1	Rolls	Penguin walks / transfer	Chin up, circle over	Lines
	Novice 2 / Novice 3	Rolls / dive rolls	Penguin walks / transfer	Chin up, circle over	Lines
	Novice 4	Handstand forward rolls / dive rolls	Penguin walks / different directions	Chin up, circle over	Lines
	Int 1 / Int 2	Handsprings / fly springs	Penguin hops / pencil turn	Chin up, circle over & baby giants	Lines
	Advanced	Handspring, jump, front somi	Penguin hops / pencil turn	Chin up, circle over & baby giants	Lines

Autumn Term

FOCUS SKILLS

Date (WC)	Class	Vault	Trampoline	Beam	Floor
08/09	Novice / Novice 1	Squat / straddle on	Basic jumps & sequences	Travelling	Safe landings
	Novice 2 / Novice 3	Squat / straddle through	Basic jumps/ swivel hips/ sequence	Travelling, leaps & jumps	Safe landings
	Novice 4	Straddle through / Handstand flatback	Front pull over to stand & somersaults	Travelling, leaps & jumps	Safe landings
	Int 1 / Int 2	Handstand flatback, handspring, ½ on block	Front somersaults	Leaps & jumps	Safe landings
	Advanced	Handstand flatback, handspring, ½ on vault	Different shaped somersaults	Leaps & jumps	Safe landings

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FOCUS SKILLS

Date (WC)	Class	Tumble	P Bars	A Bars	Floor
15/09	Novice / Novice 1	Cartwheels	Flank dismount development	Straddle undershoot	Safe landings
	Novice 2 / Novice 3	Cartwheels / roundoffs	Flank dismount development	Straddle undershoot	Safe landings
	Novice 4	Round offs	Flank dismount development	Straddle undershoot	Safe landings
	Int 1 / Int 2	Linking round off, flics & flics	Flank dismount development	Straddle undershoot	Safe landings
	Advanced	Linking round off, flics & flics	Flank dismount development	Straddle undershoot ½ turn	Safe landings

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FOCUS SKILLS

Date (WC)	Class	Vault	Trampoline	Beam	Floor
22/09	Novice / Novice 1	Trampette vault - squat / straddle	Front somi development on slope	Handstand development	Partner balances
	Novice 2 / Novice 3	Trampette vault - roll & tuck to handstand	Front somi development on slope	Handstand development	Partner balances
	Novice 4	Trampette vault - flatback development	Front somersaults (pit)	Handstand & cartwheels	Partner balances
	Int 1 / Int 2	Trampette vault - flatback & ½ on	Pike front somersaults ½ twist (block)	Back walkovers & tic tocs	Partner balances
	Advanced	Trampette vault - handstand & ½ on	Front somersaults with twists	Back walkovers & tic tocs	Partner balances

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FOCUS SKILLS

Date (WC)	Class	Tumble	P Bars	A Bars	Floor
29/09	Novice / Novice 1	Badge testing	Badge testing	Badge testing	Physical prep (Badge testing)
	Novice 2 / Novice 3	Badge testing	Badge testing	Badge testing	Physical prep (Badge testing)
	Novice 4	Badge testing	Badge testing	Badge testing	Physical prep (Badge testing)
	Int 1 / Int 2	Badge testing	Badge testing	Badge testing	Physical prep (Badge testing)
	Advanced	Badge testing	Badge testing	Badge testing	Physical prep (Badge testing)

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FOCUS SKILLS

Date (WC)	Class	Vault	Tramp	Beam	Floor
06/10	Novice / Novice 1	Badge testing	Badge testing	Badge testing	Physical prep (Badge testing)
	Novice 2 / Novice 3	Badge testing	Badge testing	Badge testing	Physical prep (Badge testing)
	Novice 4	Badge testing	Badge testing	Badge testing	Physical prep (Badge testing)
	Int 1 / Int 2	Badge testing	Badge testing	Badge testing	Physical prep (Badge testing)
	Advanced	Badge testing	Badge testing	Badge testing	Physical prep (Badge testing)

Autumn Term FOCUS SKILLS

Date (WC)	Class	Tumble	P Bars	A Bars	Floor
13/10	Novice / Novice 1	Bridge kickover	Swing development on rings	Squat on	Fitness conditioning
	Novice 2 / Novice 3	Bridge kickover / back bends	Swing development on rings	Squat on	Fitness conditioning
	Novice 4	Walkovers, back bends and kick overs	Swing development on rings	Climb on from blocks - jump tap high bar	Fitness conditioning
	Int 1 / Int 2	Backwards walkover or flics on roller	Swing development on rings	Climb on from blocks - jump to catch high bar	Fitness conditioning
	Advanced	Flics, roundoff flics or roundoff somi	Swing development on rings	Cast - squat on - jump/ tap high bar	Fitness conditioning

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FOCUS SKILLS

Date (WC)	Class	Vault	Tramp	Beam	Floor
20/10	Novice / Novice 1	Handstand flatback	Fly spring into pit	Leg over/ squat mount, jump dismount	Cartwheels
	Novice 2 / Novice 3	Handstand flatback	Fly spring into pit	Leg over/ squat/ straddle mount, jump turn dismount	Cartwheels
	Novice 4	Handstand flatback	Fly spring / front somi into pit	Forward roll to mount, cartwheel / roundoff dismount	Cartwheels
	Int 1 / Int 2	1/2 on development	Fly spring on tramp, front somi to mat in pit	Roll/ tuck mount, handspring / roundoff dismount	Cartwheels
	Advanced	1/2 on development	Fly spring on tramp, front somi to mat in pit, add twists	Roll/ tuck mount, somi, handspring / roundoff dismount	Cartwheels

Autumn Term FOCUS SKILLS

Date (WC)	Class	Tumble	P Bars	A Bars	Floor
27/10 (half term)	Novice / Novice 1	Develop back somi	Casts	Upstart development	Pumpkin races
	Novice 2 / Novice 3	Develop back somi	Casts / handstand development	Upstart development	Pumpkin races
	Novice 4	Develop back somi	Casts / handstand development	Upstart development	Pumpkin races
	Int 1 / Int 2	Develop back somi	Casts / handstand development	Upstart development	Pumpkin races
	Advanced	Develop back somi	Casts / handstand development and dismount	Upstart development	Pumpkin races

Autumn Term

FOCUS SKILLS

Date (WC)	Class	Vault	Tramp	Beam	Floor
03/11	Novice / Novice 1	Squat/ straddle on	Back drop	Forward acro, develop rolls / handstands	Beam drills
	Novice 2 / Novice 3	Squat/ straddle through	Back drop	Forwards rolls, handstands / cartwheels	Beam drills
	Novice 4	Straddle through / handstand flat back	Back / front drop (Catherine wheels)	Handstands, cartwheels & round offs	Beam drills
	Int 1 / Int 2	Handstand flat back, handsprings / ½ on block	Flics / backdrop pull over	Cartwheels, roundoffs / walkovers	Beam drills
	Advanced	Handstand flat back, handsprings / ½ on vault	Flics / back somi work	Cartwheels, roundoffs / walkovers	Beam drills

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FOCUS SKILLS

Date (WC)	Class	Tumble	P Bars	A Bars	Floor
10/11	Novice / Novice 1	Trampette - jumps	Face vault development	Swings	Handstands / handstand bridge/ handstand roll
	Novice 2 / Novice 3	Trampette - jumps	Face vault development	Swings	Handstands / handstand bridge/ handstand roll
	Novice 4	Trampette - jumps	Face vault development	Swings / half turn	Handstands / handstand bridge/ handstand roll
	Int 1 / Int 2	Trampette - jumps / somi	Face vault development	Flyaway preps / swing half turn	Handstands / handstand bridge/ handstand roll
	Advanced	Trampette - jumps / somi	Face vault development	Flyaway preps / swing half turn	Handstands / handstand bridge/ handstand roll

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FOCUS SKILLS

Date (WC)	Class	Bars	Tramp	Beam	Floor
17/11 (Watching week)	Novice / Novice 1	Back hip circles	Fly spring (pit)	Cartwheel development	Front somi
	Novice 2 / Novice 3	Back hip circles	Fly spring (pit)	Cartwheel development	Front somi
	Novice 4	Back hip circles	Fly spring (pit) / front somi to pit mat	Cartwheel on high beam fat pad	Front somi
	Int 1 / Int 2	Double back hip circles / undershoot dismount	Fly spring on tramp / front somi to pit mat	Cartwheel on high beam fat pad / roundoff on block	Front somi
	Advanced	Double back hip circles / undershoot dismount	Fly spring on tramp / front somi twist to pit mat	Cartwheel / roundoff on high beam fat pad	Front somi

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FOCUS SKILLS

Date (WC)	Class	Tumble (vault)	P Bars	A Bars	Floor
24/11 (Watching week)	Novice / Novice 1	Handstand flatback	Swing development on rings	Chin up circle over	Flics
	Novice 2 / Novice 3	Handstand flatback	Swing development on rings	Chin up circle over	Flics
	Novice 4	Handstand flatback	Swing development on rings	Chin up circle over	Flics
	Int 1 / Int 2	1/2 on development	Swing development on rings	Chin up circle over / baby giants	Flics
	Advanced	1/2 on development	Swing development on rings	Chin up circle over / baby giants	Flics

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FOCUS SKILLS

Date (WC)	Class	Vault	Tramp	Beam	Floor
01/12	Novice / Novice 1	Trampette vault - squat / straddle	Swivel hip development	Leg over/ squat mount, jump dismount	Freestyle
	Novice 2 / Novice 3	Trampette vault - roll / tuck handstands	Swivel hip development	Leg over/ squat/ straddle mount, jump turn dismount	Freestyle
	Novice 4	Trampette vault - flatback development	Developing roller (full turn swivel hip)	Forward roll to mount, cartwheel / roundoff dismount	Freestyle
	Int 1 / Int 2	Trampette vault - flatbacks / ½ on	Front pullover ½ turn	Roll/ tuck mount, handspring / roundoff dismount	Freestyle
	Advanced	Trampette vault - handsprings / ½ on	Back pullover ½ turn	Roll/ tuck mount, somi, handspring / roundoff dismount	Freestyle

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FOCUS SKILLS

Date (WC)	Class	Tumble	P Bars	A Bars	Floor
08/12	Novice / Novice 1	Handstand / bridge / hip press preps	Double circle development	Shoot ½ prep	Stick it
	Novice 2 / Novice 3	Handstand to bridge, tic toc	Double circle development	Shoot ½ prep	Stick it
	Novice 4	Forward walkovers, tic toc, handsprings	Double circle development	Shoot ½ prep	Stick it
	Int 1 / Int 2	Forward walkovers, tic toc, handsprings	Double circle development	Shoot ½ prep	Stick it
	Advanced	Fast forward walkover, handspring, dive roll	Double circle development	Shoot ½ prep	Stick it

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FOCUS SKILLS

Date (WC)	Class	Vault	Tramp	Beam	Floor
15/12 (final session)	Novice / Novice 1	Stick it using trampette	Choice of skill / add on game	Games on beam	Christmas foam creations
	Novice 2 / Novice 3	Stick it using trampette	Choice of skill / add on game	Games on beam	Christmas foam creations
	Novice 4	Stick it using trampette	Choice of skill / add on game	Games on beam	Christmas foam creations
	Int 1 / Int 2	Stick it using trampette	Choice of skill / add on game	Games on beam	Christmas foam creations
	Advanced	Stick it using trampette	Choice of skill / add on game	Games on beam	Christmas foam creations