

At each Stage of the Core Academy there are 48 assessable elements which are designed to help gymnasts achieve the aims and objective of the stage. Gymnasts will progress at different rates and will have natural strengths and weaknesses. Therefore the different levels of achievement can be attained by successfully completing any of the 48 elements up to the number needed for each level.

PRIMARY AIMS & OBJECTIVES : STAGE 1

Stage 1: GENERAL

Understand the basic gymnastics shapes and be able to show them correctly.

Develop postural and core strength

Understand and show safe landings consistently in basic jumping and rebound activities

Show different types of jumps - from standing still / rebound / hopping / feet apart, feet together etc.

Build awareness of self and others in space

Risk assessing and personal limits / learning process

Taking turns, following a circuit, carrying out instructions

Stage 1: APPARATUS

Use the basic gymnastics shapes in a variety of holds, on different apparatus and simple movements (of 1 to 3 parts).

Show safe landings when jumping and dismounting from apparatus

Move confidently and safely along, around and over apparatus

Get onto and off apparatus safely, confidently and independently

Stage 1: ROLLS

Roll forwards (over the head) safely and consistently using a slope/soft mat

Develop strength and mobility for full rolls (feet to feet) both forwards and backwards

Stage 1: HANDSTAND

Take weight on the hands confidently and securely with feet/legs supported and body in straight position

Stage 1: CARTWHEEL

Take weight on the hands whilst moving the body sideways with the hips above the head, starting and finishing on feet.

Stage 1: LIMBERS / BRIDGE

Table shape with hips lifted shoulder height

Purposeful flexion and extension of the spine (active - happy cat, sad cat)

Arch hold (superman)

Tucked dish hold

Shoulder mobility work (cat stretch)

Straddle / star => than 90°