

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 4

Stage 4: GENERAL

Perform all core gymnastics skills on floor including rolls, handstand and cartwheel to a good technical standard and linked together in various uninterrupted sequences

Build on strength and endurance. Develop understanding of key muscle groups and their functions in gymnastics movement.

Develop active core strength & stability in skills (inverted balances e.g. headstand, handstand, shoulderstand)

Take off and landings for rotational and flight elements

Working in pairs and to achieve goals / creative movement

Understanding learning process and progressions in gymnastics

Work independently toward improvement

Stage 4: APPARATUS

Mount and dismount apparatus using recognisable gymnastics mounts and dismounts including those with legs over head

Move confidently and creatively on and over apparatus - develop routines individually or in pairs - sharing ideas - duplicating creative movement accurately

Transfer core floor skills to beam (balance & alignment)

Stage 4: ROLLS

Confidently perform forward and backward rolls with a variety of entrances and exits on floor (including from handstand)

Rolls over a block to land on mat (somersault progression #2)

Roll with flight onto stack of mats (somersault progression #3)

Stage 4: HANDSTAND

Static element (using apparatus): Correct arm positions, straight torso.

Moving in and out: Lunge step, momentary handstand (legs join at top), finish on feet (in lunge), arms by ears throughout

Handstand forward roll on floor

Handstand to bridge feet raised

Handstand to lay flat

Stage 4: CARTWHEEL

Cartwheel in a straight line (within 20cm panel)

Cartwheel with different entrances and exits (sideways, 1/4 turn in, 1/4 turn out, lunge & dish stand)

Stage 4: LIMBERS / BRIDGE

Handstand to Bridge feet raised & kick over from bridge feet raised

Arch & Dish raises

Splits (sagittal and box)

Lumber & hip flexor: kneeling back bend & recover, standing back bend & recover using apparatus (wall/floor)

Shoulder mobility work: bridge shoulder extensions, understand the importance of shoulder mobility and control in limbers

Straddle japa and pike fold to flat