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 2

Stage 2: GENERAL

Perform the basic gymnastics shape in sequences that form gymnastics elements

Develop postural and core strength

Develop upper body and lower body strength

Show safe landings consistently from different shaped jumps in a variety of scenarios

Correct arm actions in static and rebound jumps and show this consistently

Develop strong awareness of self and others in space

Risk assessing and personal limits / learning process

Taking turns, following a circuit, carrying out instructions

Stage 2: APPARATUS

Use the basic gymnastics shapes in a variety of holds, on different apparatus and simple movements (of 1 to 5 parts).

Automatically show safe landings when jumping and dismounting from apparatus (without regular prompting).

Move confidently and creatively and safely along, around and over apparatus

Get onto and off apparatus safely, confidently and independently

Stage 2: ROLLS

Forward roll to stand from tuck stand (crouch)

Forward roll legs straight to pike sit

Backward roll to knees

Explore different exits (finish positions) for rolls

Roll sideways from dish to arch

Stage 2: HANDSTAND

Static element (using apparatus): Correct arm positions, straight torso.
Moving in and out: Lunge step, Mini handstand (legs stay separate), finish on feet (in lunge)

Stage 2: CARTWHEEL

Basic cartwheel action - placing of hands and feet in correct order, hips going over head, legs apart.

Stage 2: LIMBERS / BRIDGE

Push to basic bridge shape with head off the floor (independent)

Arch raises

Dish hold (straight legs)

Lunges - alignment for sagittal splits

Shoulder mobility work (cat stretch)

Straddle 1/2 japana