

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 3

### Stage 3: GENERAL

Perform all core gymnastics skills on floor including rolls, handstand and cartwheel to a good technical standard

Further develop postural and core strength

Further develop upper body and lower body strength

Understanding strengths and weaknesses - working on improvement

Show safe landings consistently from different shaped jumps in a variety of scenarios including from rotational movement (e.g. forward roll from a block)

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

Working in pairs and to achieve goals / creative movement

Risk assessing and personal limits / learning process

Taking turns, following a circuit, carrying out instructions

### Stage 3: APPARATUS

Mount and dismount apparatus using recognisable gymnastics mounts and dismounts

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

Begin transferring core floor skills to beam (balance & alignment)

### Stage 3: ROLLS

Confidently perform forward and backward rolls with a variety of exits on floor

Rolls from a block to land on mat (somersault progression #1)

### Stage 3: HANDSTAND

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

Moving in and out: Lunge step, momentary handstand (both legs go above hip level), finish on feet (in lunge)

Handstand forward roll progressions

### Stage 3: CARTWHEEL

Cartwheel in a straight line (within 30cm panel)

Improve leg posture - straight knees, leg separation >90o consistent

### Stage 3: LIMBERS / BRIDGE

Push to bridge with arms straight and parallel, feet flat

Arch & Dish raises

Deep Lunges & sagittal splits

Shoulder mobility work bridge shoulder extensions

Improve straddle jupana and pike fold