

Travelling Technique:

STEPPING



STRAIGHT LEG

BENT LEG



Travelling Technique:

LEAPING



CAT LEAP



SCISSOR LEAP



STAG LEAP



SCISSONE LEAP

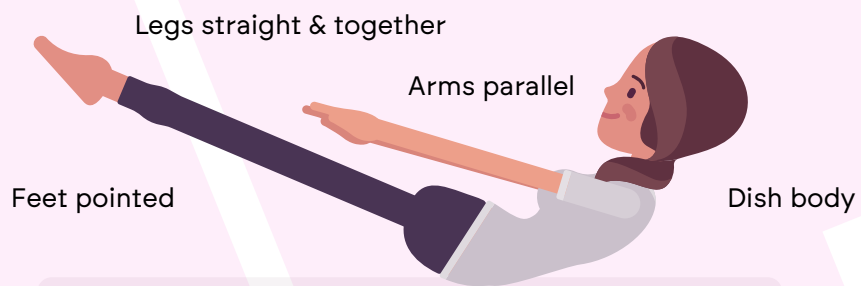


LOG & EGG ROLL

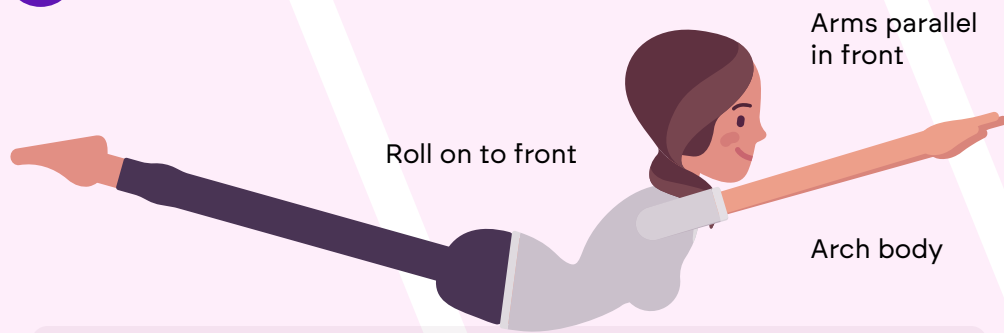


THE LOG ROLL

1



2



THE EGG ROLL

1



2



Large body parts:

BALANCE



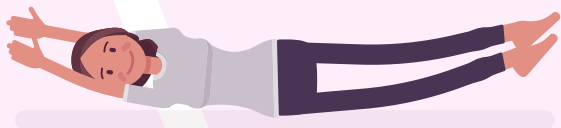
FRONT



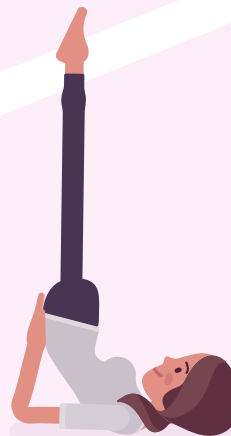
BACK



BOTTOM



SIDE



SHOULDERS



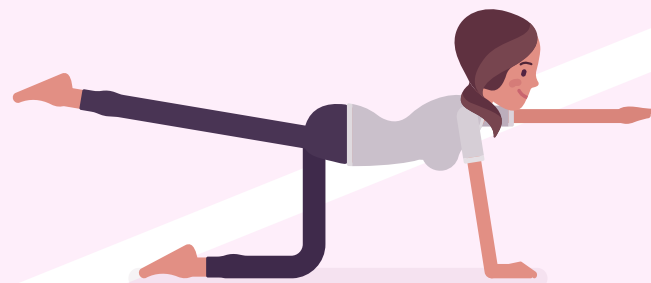
Small body parts:

BALANCE

D



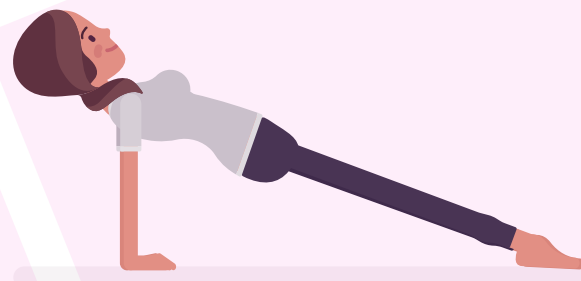
1 POINT



2 POINT



3 POINT



4 POINT

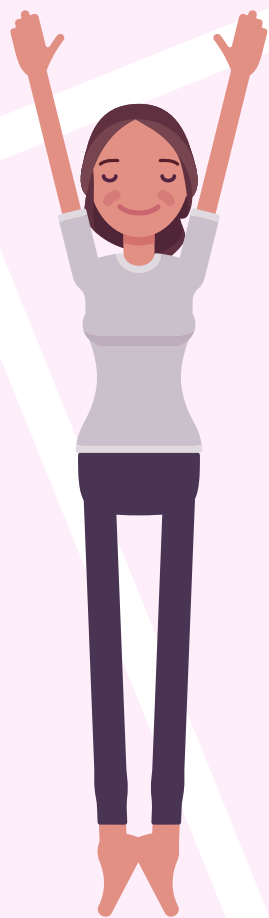


Jumping Technique:

JUMPING



STRETCH JUMP



STAR JUMP



TUCK JUMP



KEY GYMNASTICS SKILLS



TRAVELLING

used to move between and link together actions to create a sequence



ROLLING

rotating the body while moving on the floor



BALANCE

maintaining stability and control while performing skills



JUMPING

Leaving the ground by pushing with the legs

