

Balance technique:

HEADSTAND



Roll Technique:

FORWARD ROLL



1
Standing tall with arms raised above the head

2
Crouch down to sit on the heels with arms forwards

3
Place the elbows on knees and hands flat on the floor

4
Straighten the legs and lift the bottom in the air

5
Tuck the head in and roll across the shoulders

6
Land in a tucked shape with the heels close to the hips

7
Extend the arms forwards to stand up

Balance technique:

HAND STAND



1
Standing tall with the arms raised above the head

2
Raise one leg straight and towards horizontal

3
Step forwards into a lunge position, bending the lead leg

4
Place the hands on the floor, shoulder width apart, and raise one leg to the rear into NEEDLE STAND

5
Raise the support leg to join the other leg and finish in HANDSTAND

Balance technique:

CARTWHEEL PROGRESSIONS



Balance technique:

ROUND OFF



From a short run
& hurdle step

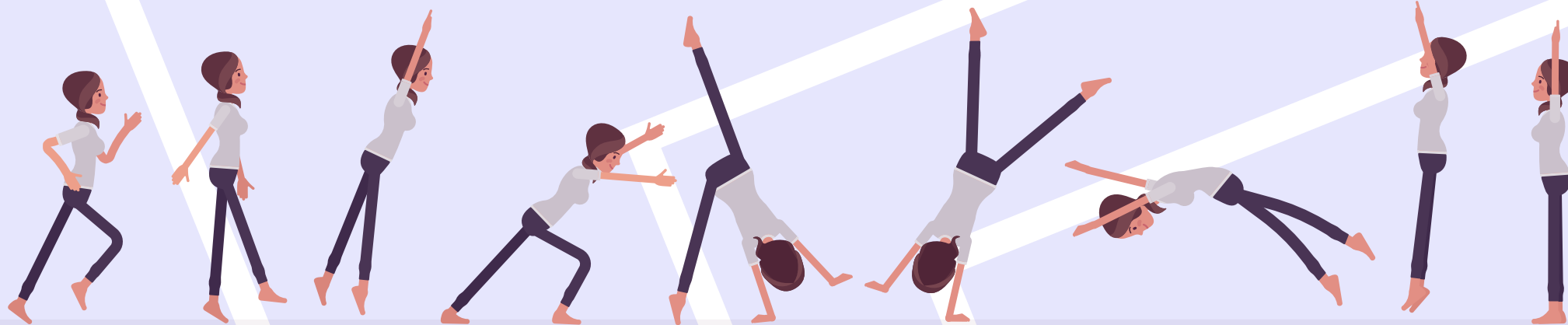
Arms high and
a long lunge

Dynamic heel drive,
place the hands into
a cartwheeling entry

Legs joining
in flight

Legs snap
down as the
chest is lifted

Rebound into a
stretch jump



Rolling technique:

DIVE FORWARD ROLL



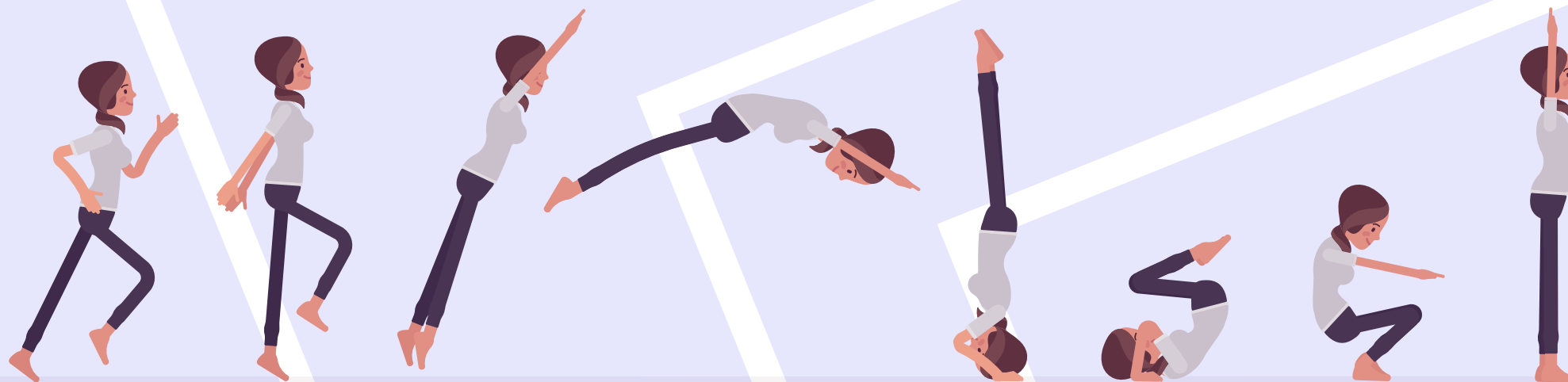
From a short run

Jump from the floor, whilst circling the arms backwards, forwards & upwards

Flight should be in an arch shape, with arms extended sideways

Passing through the handstand shape, arms bend to absorb the landing

Continue through to a controlled forward roll stand



Apparatus technique:

HANDSPRING FLAT BACK

