

# RISE GYMNASTICS AWARD SCHEME PATHWAY

ONLY WITH  
British  
Gymnastics



**PROGRAMME & AWARD SCHEME**  
**RISE GYMNASTICS**  
**discover**

- 1
- 2
- 3



**PROGRAMME & AWARD SCHEME**  
**RISE GYMNASTICS**  
**explore**

CORE SKILLS 1	APPARATUS 1	WORKING TOGETHER 1
↓	↓	↓
CORE SKILLS 2	APPARATUS 2	WORKING TOGETHER 2
↓	↓	↓
CORE SKILLS 3	APPARATUS 3	WORKING TOGETHER 3
↓	↓	↓
CORE SKILLS 4	APPARATUS 4	WORKING TOGETHER 4



**PROGRAMME & AWARD SCHEME**  
**RISE GYMNASTICS**  
**excel**

CORE SKILLS 1	SMALL APPARATUS 1	LARGE APPARATUS 1	WORKING TOGETHER 1
↓	↓	↓	↓
CORE SKILLS 2	SMALL APPARATUS 2	LARGE APPARATUS 2	WORKING TOGETHER 2
↓	↓	↓	↓
CORE SKILLS 3	SMALL APPARATUS 3	LARGE APPARATUS 3	WORKING TOGETHER 3