

# RISE GYMNASTICS AWARD SCHEME PATHWAY

## 1

1. Control a ball
2. Balance small apparatus on the body
3. Run and place a beanbag into a hoop
4. Rotate on feet on the spot
5. Walk variations
6. Tick tock
7. Dish and arch with bent legs
8. Key shapes
9. Hang with assistance
10. Tuck V sit with hands on floor
11. Weight on hands using large apparatus
12. Retrieve a ball
13. Bunny jump
14. Table and mountain
15. Crawl
16. Roll in tuck shape

## 2

1. Roll a ball to a target
2. Jump and land
3. Crawl up and down an incline
4. Half turn on the body
5. Walk along a bench
6. Tick tock using large apparatus
7. Roll to stand with assistance
8. Log roll
9. Key positions
10. Hang from large apparatus
11. Squat or straddle on to a raised surface, lower than hip height
12. Handstand using large apparatus
13. Hop with assistance
14. Change direction
15. Tuck V sit
16. Catch an object

## 3

1. Throw an object
2. Jump from a raised surface
3. Hopscotch
4. Half turn on one foot
5. Walk along a bench with small apparatus
6. Bunny jumps on and off along a bench
7. Forward roll down an incline
8. Support on large apparatus
9. Turn in support and dish to arch roll
10. One-foot balance
11. Hop
12. Travel variations
13. Shaped jumps
14. Squat or straddle on to a raised surface, higher than hip height
15. Catch a ball
16. Bunny jumps



# RISE GYMNASTICS AWARD SCHEME PATHWAY



## CORE SKILLS 1

1. Walk with rotation
2. Run
3. Hop
4. Key shapes
5. Dish/Arch
6. Turn in support
7. Choice of one-foot balance
8. Shaped jumps
9. Half turn on one foot
10. Dish to arch roll
11. Side roll
12. Bunny jump

## APPARATUS 1

1. Walk with rotation on a bench
2. Shaped jump on a bench
3. Squat or straddle onto a raised surface from stand
4. Shaped jumps from a raised surface
5. Hang from apparatus with shapes and support
6. Travel in hang along apparatus
7. Rotate a hoop on the hand/Skip through a hoop
8. Roll a hoop and travel creatively
9. Skip through a rope forwards/Rotate a rope with Core Skills 1
10. Bounce a ball with Core Skills 1/Throw and catch a ball with Core Skills 1
11. Roll a ball and travel creatively
12. Ribbon coils and/or snakes with Core Skills 1/Run through a large ribbon circle in mirror plane

## WORKING TOGETHER 1

1. Counterbalance
2. Assisted shaped jump
3. Shaped jump over an obstacle
4. One-foot balance in contact
5. Roll in contact
6. Supported front support
7. Start and stop with the music
8. Core Skills 1 in unison

9. Sequence with two skills
10. Line formation
11. Work in multiple pairs
12. Display with Core Skills 1

## CORE SKILLS 2

1. Aerobic steps
2. Grapevine
3. Chassé step forwards/Chassé step side ways/Chaînés
4. Hurdle step, rebound jump
5. Shoulder stand
6. Japana/Pike fold
7. Press up
8. Arabesque
9. Straight jump with half turn
10. Cat leap/Scissor leap – perform one sub skill: a. Cat leap b. Scissor leap
11. Teddy bear roll
12. Forward roll

## APPARATUS 2

1. Arabesque on a bench/Half turn on one foot on a bench
2. Cat leap on a bench/ Scissor leap on a bench
3. Forward roll using a bench
4. Squat or straddle onto a raised surface/ Forward roll onto a raised surface
5. Rebound shaped jumps from apparatus
6. Leg lift using apparatus/Forward circle to stand using apparatus
7. Rotate a hoop on the hand with Core Skills 1/
8. Boomerang a hoop with Core Skills 2
9. Skip through a rope backwards/Figure of eight rope rotations with Core Skills 2
10. Bounce a ball with Core Skills 2
11. Throw and catch a ball with Core Skills 2/Roll a ball with Core Skills 2
12. Ribbon coils and/or snakes with Core Skills 2/ Chassé step forwards with a large ribbon circle in wheel plane

## WORKING TOGETHER 2

1. Counterbalance with a choice of skill
2. Teddy bear roll around a teammate
3. Forward roll over an obstacle
4. A choice of skill in contact
5. Bunkbeds with the base's legs straight
6. Stand on thighs with the base on knees

7. Bounce to the beat
8. Core Skills 2 mirrored
9. Sequence with three skills
10. Circle formation
11. Work in multiple trios
12. Display with Core Skills 1 and/or 2

## CORE SKILLS 3

1. Chassé step into a choice of skill
2. Supported levers
3. Splits
4. Bridge
5. Frog balance/Headstand
6. Y balance
7. Straight jump with full turn
8. Tuck jump with half turn
9. Full turn on one foot
10. Backward roll
11. Cartwheel
12. Handstand

## APPARATUS 3

1. Y balance on a bench/Full turn on one/two feet on a bench
2. Kick towards handstand on a bench
3. Cartwheel using a bench
4. Straight jump with full turn from a raised surface/Tuck jump with half turn from a raised surface
5. Tuck lever using apparatus
6. Circle up on a bar
7. Rotate a hoop on a body part with Core Skills 2
8. Boomerang a hoop or roll a hoop backwards with Core Skills 3/Throw and catch a hoop with Core Skills 2 or 3
9. Skip through a rope with singles and doubles/ Chassé step with a choice of skill with figure of eight rope rotations
10. Bounce a ball with Core Skills 3
11. Throw and catch a ball with Core Skills 3/Roll a ball with Core Skills 3
12. Ribbon coils and/or snakes with two Core Skills 2 and/or 3/Rotating jump with a large ribbon circle in table plane

## WORKING TOGETHER 3

1. Assisted creative handstand
2. Backward roll to assisted shaped jump
3. Cartwheel over an obstacle
4. A choice of supported skill
5. Tank rolls
6. Stand on one knee with the base on knee

7. Chassé step to the beat and count
8. Core Skills 3 in canon
9. Sequence with four skills
10. V formation
11. Work in a large group
12. Display with Core Skills 2 and/or 3

## CORE SKILLS 4

1. Perch
2. Levers
3. Advanced jump
4. Advanced leap
5. Backward roll to a creative finish
6. Cartwheel on both sides
7. One-handed cartwheel
8. Cartwheel-snap
9. Handstand forward roll
10. Bridge kickover
11. Handstand to bridge
12. Acrobatic sequence with Core skills 2, 3 and/or 4

## APPARATUS 4

1. Leap and/or jump sequence on a bench
2. Handstand on a bench
3. Squat through or straddle over a raised surface
4. Advanced jumps from a raised surface or rebound from apparatus
5. Cast into backward hip circle on a bar
6. Levers using apparatus
7. Rotate a hoop on a body part with Core Skills 3
8. Boomerang a hoop or roll a hoop backwards with two Core Skills 3 and/or 4/Throw and catch a hoop with Core Skills 4
9. Skip through a rope with singles, doubles and crossed/ Chassé step with figure of eight rotation to leap through a rope
10. Bounce a ball with Core Skills 4/Throw and catch a ball with Core Skills 4
11. Roll a ball on the body unassisted
12. Ribbon coils, snakes and/or large circles with two Core Skills 3 and/or 4

## WORKING TOGETHER 4

1. Leapfrog
2. Stand on shoulders with the base on knees
3. Cartwheel across thighs
4. Stand on thighs with the base on feet
5. Bunkbeds with the base's legs bent
6. Assisted advanced jump

7. Work to four counts
8. Core Skills 4 in unison, mirrored and in canon
9. Sequence with five skills
10. Link formations
11. Work in a pair, trio and large group
12. Display with Core Skills 3 and/or 4

# RISE GYMNASTICS AWARD SCHEME PATHWAY

PROGRAMME  
& AWARD SCHEME

**RISE**  
**excel**  
GYMNASTICS

## CORE SKILLS 1

1. Tuck russian lever
2. Straight jump with one and a half turn
3. Tuck jump with full turn
4. Cat leap with full turn
5. One and a half turn on one foot
6. Handstand with lever down to stand
7. Forward roll to straddle or pike lever
8. Creative handstand
9. Handstand with half turn

10. Backward walkover/ Forward walkover
11. Backward roll to handstand
12. Round-off
13. Leap and/or jump sequence with Explore Core Skills 4 and/or Excel Core Skills 1
14. Acrobatic sequence with Explore Core Skills 4 and/or Excel Core Skills 1

## SMALL APPARATUS 1

1. Rotate a hoop in table plane with a choice of balance
2. Throw and catch a hoop with chaînés
3. Skip through a rope using single boxer skips, singles and crossed
4. Wrap and unwrap a rope with a choice of balance
5. Throw and catch a ball with chaînés
6. Roll a ball across the arms and up the back
7. Large ribbon circles with two leaps and/or jumps from Explore Core Skills 4 and/or Excel Core Skills 1
8. Throw and catch a ribbon with chaînés
9. 10 counts of dance steps using a contrast of height, direction and rhythm
10. Individual or group apparatus sequence with Core Skills or Small Apparatus 1

## LARGE APPARATUS 1

1. Straddle or pike undershoot from a bar
2. Swings with regrasp on a bar
3. Swings in support on parallel bars/Swings on upper arms on parallel bars
4. Forward roll on a beam/ Handstand on a beam
5. Straight jump on a beam/Tuck jump on a beam
6. Arabesque on a beam/Y balance on a beam/Half turn on one foot on a beam
7. Handstand flatback onto a raised surface
8. Freestyle vaults
9. Round-off dismount from a choice of apparatus
10. Straight jump with full turn from a trampette/ Tuck jump with half turn from a trampette

## WORKING TOGETHER 1

1. Jump to cradle/Cradle throw
2. Top spin
3. Straddle or pike lever with the base on back
4. Shoulder balance with knee support
5. Splits on shoulders with the bases on knees
6. Counterbalance on thighs with the base on feet
7. Front or back angel on feet

8. Stand in hands short arm with the base on back
9. Performance in a pair or trio with Explore Core Skills 4 and/or Excel Core Skills 1
10. Performance in a group with Explore Core Skills 4 and/or Excel Core Skills 1

## CORE SKILLS 2

1. Planche on one or two elbows
2. Advanced jump with half turn
3. Double turn on one foot
4. Straddle or pike elephant lift to handstand
5. Handstand with full turn
6. Valdez
7. Choice of skill to finish in splits
8. One-handed walkover/ Change leg walkover
9. Rotate into or out of

- handstand with half turn
10. Handspring to one or two
11. Flick
12. Forward somersault
13. Leap and/or jump sequence including rotation with Explore Core Skills 4, Excel Core Skills 1 and/or 2
14. Acrobatic sequence including flight with Explore Core Skills 4, Excel Core Skills 1 and/or 2

## SMALL APPARATUS 2

1. Rotate a hoop and switch hands with a choice of balance
2. Throw and catch a hoop from rotations with a choice of roll
3. Skip through a rope from a throw and catch
4. Unwrap a rope with a choice of leap or turn
5. Throw and catch a ball with a choice of roll
6. Unassisted roll sequence on the body with a ball
7. Large ribbon circles with three leaps and/or jumps from Explore Core Skills 4 and/or Excel Core Skills 1
8. Throw and catch a ribbon with a choice of roll
9. 16 counts of dance steps using a contrast of height, direction and rhythm
10. Individual or group apparatus sequence with Core

## LARGE APPARATUS 2

1. Cast to horizontal on a bar
2. Long circle up on a bar
3. Squat on low bar, catch high bar
4. Swings in support above horizontal on parallel bars/ Face vault dismount from parallel bars
5. Cartwheel on a beam
6. Advanced jump or leap on a beam
7. Handspring dismount from a choice of apparatus
8. Handspring over a vault
9. Half on to front onto a raised surface/ Handspring half to front onto a raised surface
10. Tuck forward somersault from a trampette

## WORKING TOGETHER 2

1. Straight jump with half turn to cradle/Cradle throw with half turn
2. Pitch straight jump to the floor
3. Assisted flick
4. Splits on shoulders with the bases on feet
5. Front or back angel with the base on knees
6. Short arm handstand with the base on back
7. Handstand on thigh with the base on knee
8. Stand on shoulders with the base on feet
9. Performance in a pair or trio with Excel Core Skills 1 and/or 2
10. Performance in a group with Excel Core Skills 1 and/or 2

## CORE SKILLS 3

1. Russian lever/Tuck top planche
2. Advanced jump with full turn/Straight jump with double turn/Tuck jump with one and a half turn
3. Turn on one foot with a creative leg position
4. Tour jeté/Split change – perform one sub skill: a. Tour jeté b. Split change
5. Ring positions
6. Straddle or pike lever to
7. Handstand with double turn

8. Creative flick
9. Flyspring
10. Backward somersault
11. Free cartwheel/Free walkover/Side somersault
12. Leap and/or jump sequence with Excel Core Skills 1, 2 and/or 3
13. Acrobatic sequence including flight and/or somersaults/aerials with Explore or Excel Core Skills
14. Combination sequence with Excel Core Skills

## SMALL APPARATUS 3

1. Rotate a hoop, throw and catch with a choice of balance
2. Throw and catch a hoop from rotations with a choice of skill
3. Skip through a rope using single boxer skips, singles and crossed from a throw and catch
4. Unwrap a rope with a choice of rotating skill
5. Throw and catch a ball with a choice of skill
6. Unassisted roll sequence on the floor and body with a ball
7. Large ribbon circles with three leaps and/or jumps including one from Core Skills 3
8. Boomerang with a ribbon
9. 16 counts of dance steps using a contrast of height, direction, rhythm and facial expressions
10. Individual or group apparatus sequence with Core Skills or Small Apparatus 3

## LARGE APPARATUS 3

1. Upstart or long upstart on a bar(s)
2. Straddle or pike undershoot with turn from a bar
3. 3/4 giant on a bar
4. Cast or swing to handstand on a bar(s)
5. Backward or forward walkover on a beam
6. Straight jump with half turn on a beam/Split on a beam/Sissone on a beam
7. Full turn on one foot on a beam/Straddle lever mount onto a beam/Squat through mount on a beam
8. Somersault dismount from a choice of apparatus
9. Half on, half off over a vault/Handspring half over a vault
10. Pike or straight forward somersault from a trampette

## WORKING TOGETHER 3

1. Straight jump with full turn to cradle/Cradle throw with full turn
2. 3/4 somersault from seat or cradle
3. Round-off to log or cradle
4. Assisted free walkover
5. Front or back angel with the base on feet
6. Stand in hands short arm with the base on feet
7. Handstand on thigh with the base in lunge
8. Stand on shoulders with the base on knees, motion down to splits or straddle
9. Performance in a pair or trio with Excel Core Skills 1, 2 and/or 3
10. Performance in a group with Excel Core Skills 1, 2 and/or 3