



Award Scheme
Record Book

Elements

Recreation Gymnastics

Stages 1-18



Name:

Date:

Age:

My hobbies are:

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My gymnastics goals are:

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.....

My hero is:

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COPPER

Foundation Stage 1



Basics, Strength & Flexibility

Show basic shapes: straight, tuck, star, straddle, pike and safe landing

Show front and back support

Balance on one leg

Rock and roll in tuck, pike or straddle

Vault

Rebound jumps on springboard x 5

Straight jump from a springboard to safe landing

Bars

Hanging shapes: straight, tuck and star (held 3 seconds)

Front support hold on low bar (held 5 seconds)

Beam

Travelling forwards, backwards and sideways on various heights using floor, low and high beams

Static balance on one leg on various heights using floor, low and high beams (held 3 seconds)

Floor

Travelling bunny hops

Forward roll down an incline to tuck sit

Trampoline / Track

Static straight jumps with control x 5

Controlled stop in landing shape

Coach signed: Date:



BRONZE	
Foundation Stage 2	✓
Basics, Strength & Flexibility	
Show bent leg dish with straight arms by hips (held 5 seconds)	
Show arch shape with straight arms by ears (held 5 seconds)	
Rock and roll from 1 level block to stand on floor	
Hold pike fold and japana to 45° (held 5 seconds)	
Vault	
Hopscotch along floor showing good rebounding	
Squat and straddle onto 1 level block from standing	
Bars	
Hanging shapes: straddle, pike, dish and arch (held 3 seconds)	
Chin ups in overgrip and reverse grip with feet elevated x 5 each	
Beam	
Front support mount from springboard	
Dismount jumps: straight, tuck and star with safe landing	
Floor	
Forward roll on floor to stand	
Side to side bunny hops over bench or 1 level block: tucked and straddled	
Trampoline / Track	
Static jumps with control in tuck and star x 3 each	
Travelling jumps to dismount on safety mat in straight, tuck or star	

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SILVER	
Foundation Stage 3	✓
Basics, Strength & Flexibility	
Show dish and arch shape (held 5 seconds each)	
Show lunges front and side on both legs (held 5 seconds)	
Tucked handstand hold with knees on 2 level block (held 5 seconds)	
Jumps: straight, tuck and star	
Vault	
Hurdle step, jump and land – using 4 hoops	
Run with hurdle step and straight jump from springboard	
Bars	
Jump to front support and cast to dismount x 5	
Circle down with control	
Beam	
Dip walks along high beam (1 length)	
Calf raise to relevé x 5 then hold for 5 seconds; repeat 3 times	
Floor	
Backward roll down an incline to feet	
Half handstand: start and finish in lunge (1 leg to vertical)	
Trampoline / Track	
Hands and knees bouncing x 10	
Donkey kicks x 3 to forward roll on to safety mat	

Coach signed: Date:



GOLD	
Foundation Stage 4	✓
Basics, Strength & Flexibility	
Bridge (held 3 seconds)	
Shoulder stand with hand support (held 3 seconds)	
Half lever in pike and straddle (held 3 seconds)	
Tucked headstand against suitable equipment	
Vault	
From 3 jumps on springboard, squat and straddle on to 2 level block with straight jump off to safe landing	
Run with hurdle step to springboard with straight, tuck and star jumps off	
Bars	
Cast to 30° (3 sets of 3)	
From hang, show dish and arch shape (3 seconds each shape) then kick from dish to arch x 5	
Beam	
Front support mount, choice of travel along beam with choice of dismount	
Straight jump on high beam	
Floor	
Backward roll on floor to feet	
Lunge and kick to handstand against suitable equipment (held 3 seconds)	
Trampoline / Track	
Safe falling to seat and stand (seat drop)	
From height, jump to trampoline, straight jump to safe landing	

Coach signed: Date:

PLATINUM	
Foundation Stage 5	✓
Basics, Strength & Flexibility	
Handstand hold with chest facing and feet on suitable equipment (held 10 seconds)	
Cat leap (on each leg)	
Jump with half turn	
2 jumps of choice linked eg: straight jump, tuck jump	
Vault	
Run with hurdle step to springboard and straight jump onto 2 level block	
Run with hurdle step to springboard and jump to mat showing straddle, pike and ½ turn	
Bars	
Swing with bent knees showing regrips (3 sets of 3)	
Circle up using block/incline	
Beam	
Arabesque on high beam	
Cat leap on high beam	
Floor	
Cartwheel over 1 level block	
Bridge with feet elevated	
Trampoline / Track	
Jumps x 2 into dive roll onto safety mat	
Donkey kicks x 3 into handstand flatback on safety mat	

Coach signed: Date:



TITANIUM

Foundation Stage 6



Basics, Strength & Flexibility

Show bridge and raise one leg (held 3 seconds)

Tucked headstand unaided

Chassé cat leap, chassé cat leap

Arabesque (held 3 seconds)

Vault

From run, squat on to 2 level block and tuck jump to safe landing

From run, straddle on to 2 level block and star jump to safe landing

Bars

Circle up (with light assistance)

Hang with feet on bar in straddle (held 5 seconds)

Beam

Needle point between 90° and 180° with control on floor beam

Round off from 1 level block/bench

Floor

Backward roll on floor to straddle stand

Lunge and kick to handstand (held 2 seconds)

Trampoline / Track

Jump with half turn

Jumps x 2 into handstand flatback onto safety mat

TOPAZ

Intermediate Stage 1



Basics, Strength & Flexibility

Roll from dish to arch x 5

Shoulder stand – without hand support (held 3 seconds)

Jump with full turn

Cat leap into cartwheel

Vault

Straddled leap frog with partner x 3

Squat on to 3 level block with immediate tuck jump off

Bars

Chin ups x 5

Circle up unaided

Beam

Tuck lever on high beam (held 3 seconds)

Half turn on releve on high beam

Dismount jumps in straddle and pike

Floor

Forward and backward roll to straddle stand

Front to back cartwheel off 1 level block

Trampoline / Track

Back bounces x 3

Bounces on hands and knees into front drop and back to hands and knees

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Coach signed: Date:



OPAL	
Intermediate Stage 2	✓
Basics, Strength & Flexibility	
Low lunges towards splits: front and side with hand support (both legs)	
Rebound skips x 20	
W jump	
Bunny hop to handstand – against suitable equipment	
Vault	
Straddle on to 3 level blocks, straddle leap frog to land on safety mat	
Handstand flatback from step on a springboard to 1 safety mat	
Bars	
Swing with regrips x 5	
Swings with feet on bar in straddle x 5	
Beam	
Caterpillar walk (1 length) on high beam	
Tuck jump on high beam	
Floor	
One handed cartwheel	
Backward roll to front support on floor	
Trampoline / Track	
Static jumps in straddle and pike x 5 each	
Jump full turn with control	

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AMBER	
Intermediate Stage 3	✓
Basics, Strength & Flexibility	
Rock back and forth in bridge x 5	
Headstand with straight legs	
Rock back on block, stand up on one leg x 5 each leg	
Forward roll step out to cartwheel	
Vault	
Run and straight jump from springboard to 3 level block	
Handstand hops on flat surface	
Front support bounces with feet on springboard x 10	
Bars	
Casts to 45° (3 sets of 3)	
From front support, undershoot to extend onto air barrel	
Beam	
Straddle/pike lever with legs in line with or above beam height (held 3 seconds)	
Kick to half handstand with 1 leg to vertical and land (floor beam)	
Floor	
Round off from block, missing feet, to land on back on safety mat	
Handstand forward roll with bent arms	
Trampoline / Track	
1 jump handstand flatback onto mat – 1 safety mat	
Jumps x 3 into flyspring into pit (hands on end of trampoline)	

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ONYX

Intermediate Stage 4



Basics, Strength & Flexibility

Pike fold or jupana to 45°

Tic-toc against suitable equipment

Bridge, lift one leg to vertical (held 3 seconds)

Cartwheel into backward roll

Vault

Straddle over 2 level block

From run, handstand flatback onto red block and 1 safety mat

Bars

From front support, undershoot to land

See-saw to front support (with support)

Beam

Squat/straddle on mount to high beam from springboard on block

Round-off dismount

Floor

Round-off from hurdle step

Step to handspring over barrel/flic trainer

Trampoline / Track

Back drop for safe falling onto safety mat

Flyspring to stand on safety mat

JADE

Intermediate Stage 5



Basics, Strength & Flexibility

Bunny hop to handstand (unaided)

Forward roll into jump with half turn

Bridge kickover from 1 level block

Leg lifts to shoulder stand x 5 (wall bar)

Vault

Squat through 2 level block

Dive roll onto table vault (1.05m)

Bars

Cast into back hip circle

Swing with regrips showing dish, arch, dish

Beam

Forward roll to tuck sit on high beam

Cat leap, straight jump on high beam

Handspring dismount on high beam

Floor

Handstand forward roll with straight arms

Back handspring over flic trainer (unaided)

Trampoline / Track

Tucked front somersault to safety mat (with controlled landing)

Straight front to land on back on safety mat stack

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GARNET

Intermediate Stage 6



Basics, Strength & Flexibility

Show splits on dominant leg to 140°

Chassé into split leap with reasonable flexibility

Backbend

Cartwheel into one handed cartwheel

Vault

Straight jump onto table vault (1.05m)

Handstand flatback over table vault (1.05m)

Bars

Low bar routine: circle up, cast, back hip circle, undershoot to land

Cast to straddle on to the bar with straight legs

Beam

Handstand, forward roll or cartwheel on low beam

Half spin on high beam

Floor

Backbend kickover or backward walkover

Round-off from hurdle step and jump back to dish to safety mat

Trampoline / Track

Pike front to land on safety mat (with control)

Barani to lie on front on safety mat

AMETHYST

Advanced Stage 1



Basics, Strength & Flexibility

Chassé cat leap into chassé split leap

A lift to handstand against suitable equipment

Box splits to 140°

From hang on bar: tucked leg lifts x 5

Vault

Handspring vault (1.05m)

Half on to lie on front on red block and 1 safety mat

Bars

Cast to straddle on and undershoot on low bar

Backward roll with straight arms to pike or front support down an incline

Beam

Choice of 2 leaps/jumps linked

Forward roll, handstand or cartwheel on high beam with 2 safety mats

Floor

Handstand to bridge

Dive forward roll with flight

Trampoline / Track

Back handspring on trampoline (with light assistance)

Straight front to land on safety mat

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PEARL	
Advanced Stage 2	✓
Basics, Strength & Flexibility	
Dish and arch rocks x 10 each	
Handstand against support with hands on floor bar	
Resistance band pull downs, lying on back x 10	
Full spin on floor	
Vault	
Half on to knees over table vault (1.05m) and safety mat stack	
Front somersault off table vault to safe landing	
Bars	
¾ Giant on high bar	
Squat on to low bar from block and jump to floor	
Beam	
Squat/straddle on mount on high beam from springboard	
Mount, 1 acro skill, 1 dance element and 1 dismount	
Floor	
Back handspring from t-trainer to safety mat	
Forward walkover over small barrel	
Trampoline / Track	
Barani to land on safety mat	
Back somersault on trampoline with support	

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RUBY	
Advanced Stage 3	✓
Basics, Strength & Flexibility	
Pike or straddle bounce to handstand x 3 in a row on floor	
Rope climb	
Skipping on low beam x 10	
Front and back kicks x 5 on each leg	
Vault	
Half on over table vault (1.05m)	
Handstand flatback over table vault (1.05m) with half turn to stomach on safety mat stack	
Bars	
Cast to squat on to low bar, jump to floor	
Swings x 3 and release to dish from high bar into pit	
Beam	
Cartwheel to stop in handstand and dismount on high beam	
Full spin on low beam	
Floor	
Backward roll to handstand down incline	
Front somersault from springboard to safety mat	
Trampoline / Track	
Handspring from step on trampoline	
Donkey kick to back handspring	

Coach signed: **Date:**



EMERALD

Advanced Stage 4



Basics, Strength & Flexibility

Pike handstand press ups x 5

Straight jump, split jump on trampoline x 5 (each leg) showing minimum of 140° split

Needle scale with hands and front foot on block x 5 on each leg

Pike or straddle lever on floor (held 3 seconds)

Vault

Half on, half off over table vault (1.05m)

Handspring to feet over table vault (1.05m) to safety mat stack

Bars

Cast to squat on, jump to catch high bar and 3 swings

Supported backaway in strip pit

Beam

W jump on high beam

Full spin on high beam

Bridge kickover or free roll on low beam

Floor

Back somersault from vault trainer to small safety mat

Handspring

Trampoline / Track

Round-off, flic along trampoline

Handspring on trampoline into dive roll to dismount on safety mat

SAPPHIRE

Advanced Stage 5



Basics, Strength & Flexibility

Sissone kicks on wall bars x 10 on each leg

Hanging sit ups x 10 on beam or bars

Cartwheel from knee

Abdominal rollers x 5

Vault

Half on to feet over table vault (1.05m) on to safety mat stack, fall to back

Back tuck off table vault to safe landing

Bars

Cast to squat on, jump to catch high bar and ¾ giant

Cast to straddle undershoot from high bar

Beam

Forward roll, handstand or cartwheel on high beam with no safety mats

Cartwheel straight jump dismount preparations from red block and red beam

Floor

Round-off into flic

Dive cartwheel from springboard

Trampoline / Track

Straight front with ½ twist to safety mat

Back somersault on trampoline

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Coach signed: Date:



DIAMOND

Advanced Stage 6



Basics, Strength & Flexibility

Splits on beam to minimum of 140° (front or box)

Handstand hold for 3 seconds and handstand walk with 5 steps

A lift to handstand (no jump)

Circle up from dead hang on high bar

Vault

Handstand flatback over table vault (1.05m) with full turn to safety mat stack

Handspring over table vault with half turn off (1.05m)

Bars

Backaway to land from high bar

Full bar routine: circle up, back hip circle, squat on to catch high bar, $\frac{3}{4}$ giant and straddle undershoot/backaway

Beam

Cartwheel straight jump dismount from high beam

Bridge kickover/backward walkover/ free roll on high beam with 2 safety mats

Floor

Round-off, flic, tuck back

Free cartwheel

Front somersault

Trampoline / Track

Flic, tuck back along trampoline

Back somersault from trampoline onto higher safety mat stack

Coach signed: **Date:**