

Acrobatics Gymnastics – Level 1 Syllabus

The Level 1 Coach must demonstrate competence at developing the listed skills and techniques through the recommended procedures, including: pre-requisite skills; physical preparation; safe and effective progressions and supporting techniques and the use of training aids where appropriate. The common core subject matter should be reflected within the practical modules.

Common Core Theory:

- Ethical coaching responsibilities
- Safety in coaching
- Group organisation
- Physical, cognitive and emotional development
- Basic anatomy and physiology
- Basic nutrition and healthy living
- Biomechanical principles
- Erection and dismantling of apparatus
- Principles of supporting and spotting

Individual Elements:

- Forwards roll to straddle sit
- Forwards roll to straddle stand
- Backwards roll to straddle stand
- Forwards roll to stand
- Backwards roll to stand
- Headstand
- Handstand forwards roll
- One foot stand
- Tuck, pike and straddle lever hold
- Bridge
- Japana
- Splits
- Cartwheel
- Round-off

Pair Skills:

- Handstand supports at low level
- Stand on knees of base - counter balance facing in the same direction
- Stand on knees of base - counter balance facing in the opposite direction
- Stand on knees of base - partners facing in the same direction
- Stand on knees of base - partners facing in the opposite direction
- Stand on hands of base lying - bent arms
- Stand on shoulders of base - kneeling
- Stand on shoulders - base standing
- Supported front angel
- Supported back angel
- Supported shoulder stand

- Lifted jump - supported straight jump
- Lifted jump - forwards roll straight jump
- Lifted jump - backwards roll straight jump
- Dive to catch in cradle
- Paired rolling
- Leapfrog
- Assisted cartwheel
- Pull through to stand on knees