



School Awards













AWARD SCHEME FOR SCHOOLS PROGRAMME











Our Schools Program has been specifically designed and developed to be implemented over an 8 week session. Ideally, if schools have a long term view on the benefits of gymnastics, each child will be able to progress through the colour coded system from Junior Infants through to 6th Class.

We have eight awards which are colour coded, beginning with White, Yellow, Orange, Red, Blue, Green, Brown and Gold and will be accompanied with a Award Certificate of the same. There are 10 elements for each award, and each gymnast must pass 8/10 elements to earn a pass rate. There are 2 BONUS marks to be earned, 1 mark for excellence and 1 mark for hard work. Gold is the only award scheme with two routines, one for Floor and one for Beam.











WHITE AWARD

-  *Bunny hop (small hop , knees tucked)*
-  *Spider walk*
-  *Flat pencil roll (tight body)*
-  *Front support*
-  *Low beam walking on toes*
-  *Side walking*
-  *Straight jump dismount off high beam.*
-  *Front support on low bar*
-  *Hang on high bar*
-  *Jump onto springboard.*











YELLOW AWARD

-  *Straight jump.*
-  *Pike sit*
-  *Straddle sit*
-  *Spider walks ((tight legs lifting off floor)*
-  *Bunny hop (high tight tucks)*
-  *Pencil roll (dish / arch)*
-  *Back Support*
-  *Egg roll (roll back and stand up)*
-  *Forward roll on foam wedge to pike sit*
-  *Straight jump on spring board.*











ORANGE AWARD

-  *Back support to front support*
-  *Forward roll to pike sit*
-  *Squat on from spring board to 60 cm box*
-  *Jump 1/2 turn*
-  *Star jump*
-  *Steps for cartwheel*
-  *Walking on high beam*
-  *Cast off low bar*
-  *Chin hold position on bar*
-  *Shoulderstand.*











RED AWARD

-  *Forward roll to straddle sit*
-  *Shoulder roll / teddy roll*
-  *Handstand prep*
-  *Basic cartwheel*
-  *Small cast on bar*
-  *Front support roll out*
-  *Fish swings*
-  *Walking on toes front and side on high beam*
-  *Star jump dismount on beam*
-  *Straddle on low box*











GREEN AWARD

-  *Pike sit touch toes*
-  *Forward roll to stand up*
-  *Side roll*
-  *Back roll on foam wedge*
-  *Cartwheel*
-  *Handstand with support or against wall*
-  *Arabesque*
-  *Rebound jumps*
-  *Bunny hops on beam*
-  *One leg balance on beam*














BLUE AWARD

-  *Jump full turn*
-  *Tuck jump*
-  *Straddle jump on trampoline*
-  *Seat jump on trampoline*
-  *Cartwheel*
-  *Good attempt of handstand*
-  *Forward roll to long lie*
-  *Squat walk on beam*
-  *1/2 turn on low beam*
-  *Jump to high bar and swing X 3*

BROWN AWARD

-  *Front to back cartwheel*
-  *Forward roll straight jump*
-  *Back straddle on foam wedge*
-  *Front support mount on beam*
-  *Bridge with legs open*
-  *Free stand shoulder stand*
-  *Tuck jump 1/2 turn*
-  *5 swings on high bar*
-  *Chin hold 3 seconds*
-  *2 Burpes*

GOLD AWARD

-  **Floor routine**
-  *Cartwheel front to back jump 1/2 turn*
-  *Forward roll, forward roll to long lie*
-  *Dish arch to front support*
-  *Side roll X 2*
-  *Forward roll to pike sit*
-  *Back support to front support*
-  *Step in to Arabesque*
-  **Beam routine**
-  *Front support mount 6 walking steps*
-  *One leg balance*
-  *Side walking*
-  *Star jump dismount*