



Coaching tips to achieve your badge

1

Tuck shape

Sitting on floor, legs to chest.

Straddle shape

Sitting on floor, straight legs, pointed toes.

Elephant walks

Walking on hands and feet with straight legs and arms.

Hopping

One floor length on each leg.

Balance on one foot

Can be done on floor or bench.

Walk along the bench

Arms out, head up.

Hang on the bar

Straight body shape.

Landing shape

Bent knees, legs together, arms in front, hold for 2 seconds.

Jump hoop to hoop

Hoops close together, legs together throughout.

Side steps

On floor; hips and shoulders facing sideways.

green badge



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to achieve your badge

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Rocking backwards and forwards

Round back, knees tucked in.
Start and finish on bottom.

Log rolls

On floor or down an incline, shoulders and hips turning at the same time.

Bunny hops

Arm swing before hand placement, legs together.

Straight jump to land

Straight body shape, arm swing to ears, end in landing position.

Balance on one foot on the beam

Low or high beam; raised leg bent or straight.

Walk tiptoes on bench

Head up, arms out, HIGH on tip toes.

Hanging shapes - tuck, straddle, pike

Tuck to chest, straddle and pike; straight legs, pointed toes.

Jump to land from height

From block/box/vault, straight or other jump. Jump has to go up first, show landing position.

Leap hoop to hoop

From 1 leg to other leg, consecutive leaps (no stops).

Front support on bars

On low bar, shoulders over bar, body in straight line shoulders to toes.

yellow badge



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Forward roll down an incline

Incline can be a wedge or mat on springboards. Round back, chin on chest, end in squat.

Rocking to stand up

On floor, rocking fws and bws, round back, chin on chest, to standing up through squat/standing.

Front & back support

Shoulders over hands, straight line from shoulder to toes, (back support) fingers pointing forwards, belly up to create straight line, possible to turn over from one to other.

Step hops (skipping)

Lift knees, high skips, pointed toes.

Dip steps on beam

On low or high beam, arms out, head up, dips with at least toes under beam (knee well bent).

Straight jump on bench

Straight body shape in air, clear arm swing, show landing position.

Monkey walks on bars

In hang, "walk" sideways by regripping with half turn (only overgrip), legs still while turning.

Hurdle step to springboard from bench

Bench with junior springboard (depending on kids), step off bench on one leg, to two feet jump onto mat.

Bunny hops across bench

Arm swing before hand placement, legs together.

Caterpillar walks

Start in pike fold (straight legs if possible), walk out with hands to front support, walk legs up to hands (straight legs).

blue badge



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Forward roll from star shape

On floor, round back, chin on chest, finish in squat or standing position.

Teddy bear rolls

Start in straddle position, straight legs, pointed toes, hands on knees / ankles.

Pike handstand

Feet on block, hips above hands, right angle at hips, arms straight, head in neutral position.

Chassé steps

Alternate legs, fast pace, feet need to come off floor, arms out or opposite to legs.

Roll between dish and arch

Hold each position for 3, keep back flat in the dish.

Cartwheel over raised surface

Going sideways over bench / box top / block: legs over head.

Circle down

Jump to support (straight arms) on low bar from block, circle down slowly, can ask to hold chin-up position (especially with boys).

Hurdle step to spring board

Junior or normal springboard (depending on kids), small run or few steps, take off from one leg to jump on springboard.

Half turn on beam

On low or high beam, one foot slightly behind the other, raise up on toes and turn to face the other way.

Frog balance

On floor, balance on hands, knees over elbows and feet off floor. Hold for 2 seconds.

purple badge



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Forward Roll

On floor. From squat, round back, chin on chest, stand up without aid of hands.

Backward roll down an incline

Incline can be wedge or mat on springboards, round back, push off with hands, end in squat.

Supported handstand

Support can be coach or wall/mat, check tall straight body shape, straight arms, open shoulders.

Cat leap

Take off one leg, knees lifted towards chest, pointed toes, more height than forward movement.

Held dish

On floor, back flat, legs straight held slightly above floor height, arms by ears.

Half spin

Start in lunge, turn high on toe with body held tall, use arms to initiate spin, bring arms up by ears, finish with stretch, place foot in front at landing.

Fish swings on bars

In hang on low or high bar, move body from arched to dish, movement through hips, back and shoulders, straight legs; recatch on dish shape.

Straight jump from run and springboard

Good paced run, take off from one leg, high straight jump, with arm swing, show landing position.

Arabesque on beam

Start by lifting leg, leg horizontal behind, chest up, arms out or by back, hold 2 seconds.

Headstand

On soft surface (pod on floor), straight/tucked body position.

bronze badge



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Cartwheel

Start hips facing forward, move sideways through handstand, through splits, finish with 1/4 turn.

Backward roll

Start in squat, round back, arms ready on time, push off with hands, end in squat.

Handstand

Lunge into handstand, start arms by ears, straight body position in handstand, open shoulders, step down to stretch.

Cat leap, tuck jump

No stop in middle, landing from cat leap with legs together, knees high in both elements.

Curl ins

Start in tuck, extend to dish and curl in to sit on bottom. Show several repetitions without feet touching floor.

Full spin

Start in lunge, turn high on toe with body held tall, use arms to initiate spin, bring arms up by ears, finish with stretch, place foot in front at landing.

Chin-up

Hang on high or low bar, pull up with chin to bar level and hold.

Squat on, jump off block

Hands on block first, jump feet in between hands, jump of choice off, show landing position.

Straight jump on the beam

Low or high beam, arm swing to ears, straight body position, feet must come well free of beam, stable landing.

Bridge

Straight legs, legs together, push shoulders over hands.

silver badge



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One handed cartwheel

First or second arm as support arm, cartwheel in straight line, chest up to finish.

Roundoff

On floor, hurdle step with arm swing, sharp action closing legs, finish with chest up, rebound jump.

Handstand forward roll

Kick to handstand, head on chest and round back for roll, gently bend arms or keep arms straight.

Split leap

Start from step or chassé step, take off from one leg, show an attempt at splits in air with legs straight, land on one leg.

Cast to horizontal

On low bar, arms straight in cast, straight body swinging to near horizontal and then back to the bar.

Half spin, half turn - beam

Low/high beam. Half spin on one foot, place other foot on beam and continue turn on both feet until completed.

Circle over low bar

Start from two legs chin up (can allow kick over) and circle body over bar to front support; hands in normal grip.

Handspring flat back on vault

Vault set up optional (mat stack/ block with stack/box with mats), swing arms and jump to hit handstand shape, (block handstand, push off for more advanced pupils), finish in dish.

Roundoff dismount off beam

Push off beam, land upright in straight line with beam, hold landing.

Bridge kick over

From bridge, kick over, push through shoulders, land in lunge.

gold badge



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Drop back to bridge

On floor, or onto mat from floor, pull stomach forward and hands backward to finish in bridge.

Backward roll to front support

Roll backwards on floor or down an incline. Arms can be bent or kept straight. Finish the roll in strong front support shape.

Japana

Sit on floor in straddle, lean forwards aiming to rest stomach on floor. Needs less than 15cm gap between floor and stomach.

Straight jump full turn

High straight jump with a fully completed full turn, show landing position.

Back hip circle

From cast, slightly round back, otherwise straight body shape (do not fold round bar), finish in support.

Y balance - beam

Hold leg with hand or free hold, straight legs, hold balance 2 seconds.

Float

Start from mat or springboard, bring hips up to start, glide feet forwards, extend at front.

Handspring second flight from block

From block or box, handspring off, push off, dish shape in flight, show landing position.

Cartwheel/forward roll on the beam

Low or high beam, at least three to land in a session. Mats/pads can be used.

Half lever

Sit in pike with hands either side of thighs. Press on floor with flat hands to raise hips and feet off floor. Hold for 3.

ruby badge



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Backward/forward walkover

Legs straight and through splits. End in stretch.

Backward roll to handstand

From standing, straight arms, hands inwards, arms back fast, block legs upwards to handstand.

Split leap quarter turn

Leap into splits, add a quarter turn to finish facing sideways on lead leg (other leg to cross behind to finish - optional).

Straddle on undershoot

Cast, straight arms and feet on bar, push through hands and feet, open shoulders for high flight off.

Pike fold

On floor, straight legs, body down to legs. No gap between chest and legs.

Full spin - beam

Low or high beam, start in lunge, turn high on toes, place foot in front at landing.

Squat on - bars

From cast, lean shoulders slightly over bar to balance, finish in squat, squeeze bar to balance.

Handspring vault

Bring arms to vault from behind, drive with heels, through handstand, flight phase in dish, landing position; vaulting table, block, box can be used.

Handstand half turn OR held split handstand

Split handstand or stag position handstand hold 2 seconds OR 1/2 turn, hold handstand first, turn in 2 steps (lift and turn inside hand first).

Split leap on beam

Good height and leg amplitude (150 degrees), alternative stag position, hold landing.

platinum badge



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Roundoff back flip

On floor or tumble track, roundoff landing for backflip, no stop, rebound after back flip.

Back flip

In any situation (floor, trampette, from block to soft mat), clear backwards motion. Can land on 1 or 2 feet.

Handspring

On floor (with springboard) or track, from hurdle step, push hips up, straight body shape, land upright.

Tuck jump full turn OR cat leap full turn

Only initiate turn after taking off, landing only after turn completed, knees high.

Swing circle over high bar

Either from swing, or from jump to high bar, kick legs over, continuous motion to finish in support.

One and half spin on floor

Start in lunge, use arm swing, stay upright (or lean slightly back to help with direction), finish with stretch, place foot in front at landing.

Front/back somersault

In any situation (trampette, track, springboard, floor with sweetspot, off block), show tuck position, extend for landing.

Half on

Turn in first flight (body not out of straight line), hands and hips turned in completely, push off for landing. Hips over head.

Walkover OR held handstand on beam

Low or high beam, without support.

Splits

On line, middle, right or left leg splits, no twist.

diamond badge



Cherwell Gymnastics Club awards scheme

- Gymnasts can start the award ladder at any badge. Their coach will be able to determine the best badge for them to start with
- Gymnasts must be able to show consistent performance of a move for it to be ticked off
- Moves can be completed at any session and badges completed at any session
- For badges 1-5 8/10 moves must be completed to gain the badge
- For badges 6-8 7/10 moves must be completed to gain the badge
- For badges 9-10 6/10 moves must be completed to gain the badge
- Certificate and pin badge costs £2.50