

SCHOOL GAMES

RISA GYMNASTICS Competition

ROUTINES

ONLY WITH
British
Gymnastics



SCHOOL GAMES

CORE SKILLS

LEVEL ONE	LEVEL TWO
LEVEL THREE	LEVEL FOUR

A 'Core Skills' routine consists of at least five skills at each level. Where more than one skill appears, the gymnast and teacher/coach should select the most appropriate skill to suit. We encourage gymnasts to add travel or choreography into and out of skills and use creative start/finish positions.

SMALL APPARATUS

Ball
Ribbon

LEVEL ONE	LEVEL TWO
LEVEL THREE	LEVEL FOUR

A 'Small Apparatus' routine consists of at least five skills at each level. Where more than one skill appears, the gymnast and teacher/coach should select the most appropriate skill to suit. We encourage gymnasts to add travel or choreography into and out of skills and use creative start/finish positions.

LARGE APPARATUS

Vault

LEVEL ONE	LEVEL TWO
LEVEL THREE	LEVEL FOUR

Gymnasts perform two vaults. They may perform the same option twice or perform two different options.

RISE GYMNASTICS

ONLY WITH
British
Gymnastics



SCHOOL GAMES

CORE SKILLS

LEVEL ONE

LEVEL TWO

LEVEL THREE

LEVEL FOUR

Key

B = BALANCE

L = LOCOMOTION

R = ROTATION

S = SPRING



LEVEL ONE

Creative starting position

Skill 1	Straight jump (S)
	Star jump (S)
	Tuck jump (S)
Skill 2	One-foot balance (B)
Skill 3	Tuck bunny jump (S)
	Straddle bunny jump (S)
Skill 4	Egg roll (R)
	Dish to arch roll (R)
Skill 5	Straddle sit (B)
	Pike sit (B)
	Tuck sit (B)
	Star lie (B)

Creative finishing position

LEVEL TWO

Creative starting position

Skill 1	Cat leap (S)
	Chassé step forwards, once on each leg (S)
Skill 2	Arabesque (B)
	Shoulder stand (B)
Skill 3	Straight jump (S)
	Tuck jump (S)
	Star jump (S)
Skill 4	Teddy bear roll (R)
	Forward roll (R)
Skill 5	Straight jump with half turn (S, R)
	Half turn on one foot (R)
Skill 6	Dish (B)
	Arch (B)

Creative finishing position



SCHOOL GAMES

CORE SKILLS

LEVEL ONE

LEVEL TWO

LEVEL THREE

LEVEL FOUR

LEVEL THREE

Creative starting position

- | | |
|----------------|--|
| Skill 1 | Cartwheel (R) |
| | Handstand (B – not held) |
| | Headstand (B) |
| Skill 2 | Backward roll (R) |
| | Forward roll (R) |
| | Teddy bear roll (R) |
| Skill 3 | Straight jump with full turn (S, R) |
| | Tuck jump with half turn (S, R) |
| | Full turn on one foot (R) |
| Skill 4 | Frog balance (B) |
| | Straddle lever with one foot supported (B) |
| | Pike lever with one foot supported (B) |
| | Shoulder stand (B) |
| Skill 5 | Dish (B) |
| | Arch (B) |
| Skill 6 | Y balance (B) |
| | Arabesque (B) |
| | One-foot balance (B) |
| Skill 7 | Chassé step forwards (S) |
| | Chassé step sideways (S) |
| | Cat leap (S) |
| | Scissor leap (S) |

Creative finishing position

LEVEL FOUR

Creative starting position

- | | |
|--------------------------------|---|
| Skill 1&2 connected | Cartwheel to backward roll (R, R) |
| | Forward roll to side to side cartwheel (R, S) |
| | Cat leap to chassé step sideways (S, S) |
| Skill 3 | Straight jump with full turn (S, R) |
| | Tuck jump with half turn (S, R) |
| | Full turn on one foot (R) |
| Skill 4 | Handstand forward roll (R) |
| | One-handed cartwheel (R) |
| Skill 5 | Bridge (B) |
| | Front splits (B) |
| | Box splits (B) |
| | Frog balance (B) |
| | Straddle lever with one foot supported (B) |
| Skill 6 | Pike lever with one foot supported (B) |
| | Headstand (B) |
| | Straddle jump (S) |
| | Pike jump (S) |
| | Wolf jump/hop (S) |
| | Split jump (S) |
| Skill 7 | Sissone (S) |
| | Split leap (S) |
| | Cat leap with half turn (S, R) |
| | Scissor leap with half turn (S, R) |
| | Fouetté hop (S, R) |
| | Straight jump with full turn (S, R) |
| | Tuck jump with half turn (S, R) |
| | Scissor leap with half turn (S, R) |



SCHOOL GAMES

SMALL APPARATUS

LEVEL ONE

LEVEL TWO

LEVEL THREE

LEVEL FOUR

Ball

Ribbon



BALL



LEVEL ONE

Creative starting position

- | | |
|----------------|--|
| Skill 1 | Tuck sit with the ball balanced on the back of the hands (B)

Straddle sit with the ball balanced on the back of the hands (B)

Pike sit with the ball balanced on the back of the hands (B) |
| Skill 2 | Bounce the ball with one or two hands x 3 |
| Skill 3 | Straight jump with a throw and catch of the ball with two hands (S)

Star jump with a throw and catch of the ball with two hands (S) |
| Skill 4 | Roll the ball between the hands |
| Skill 5 | Hip roll with roll of the ball on the floor (R)

Egg roll with roll of the ball on the floor (R) |

Creative finishing position

LEVEL TWO

Creative starting position

- | | |
|----------------|--|
| Skill 1 | Roll the ball, forward roll alongside and collect (R) |
| Skill 2 | Bounce the ball with one hand x 3 |
| Skill 3 | Cat leap with a throw and catch of the ball with one or two hands (S)

Chassé with a throw and catch of the ball with one or two hands (S) |
| Skill 4 | Shoulder stand with the ball held between the ankles (B) |
| Skill 5 | Standing or sitting, roll the ball between the hands |

Creative finishing position



SCHOOL GAMES

SMALL APPARATUS

LEVEL ONE

LEVEL TWO

LEVEL THREE

LEVEL FOUR

Ball

Ribbon

BALL

LEVEL THREE

Creative starting position

Skill 1	Roll the ball, cartwheel alongside and collect (R)
Skill 2	Arabesque with a throw and catch of the ball with one hand (B)
	Y balance with a throw and catch of the ball with one hand (B)
	Arabesque with 3 x bounces of the ball with one hand (B)
Skill 3	Y balance with 3 x bounces of the ball with one hand (B)
	5 x bounces of the ball with one hand (3 bounces with one hand and two bounces with the other hand)
Skill 4	Straight jump with half turn with a throw and catch of the ball with one hand (S, R)
Skill 5	Holding the ball with both arms above the head, release the ball and roll the ball down the arms and back to catch at the base of the spine
Skill 6	Headstand holding the ball between the knees or ankles (B)
	Shoulder stand holding the ball between the knees or ankles (B)

Creative finishing position

LEVEL FOUR

Creative starting position

Skill 1	Backward roll to knees holding the ball between knees (R)
Skill 2	Split leap with a throw and catch of the ball with one hand (S)
	Cat leap with half turn with a throw and catch of the ball with one hand (S, R)
Skill 3	5 x bounces of the ball with one hand (3 bounces with one hand and two bounces with the other hand)
Skill 4	One-foot balance with rotation of the ball between the hands using forward and backward rotation (B)
Skill 5	Roll the ball from one hand, across the chest and down the other arm to catch
Skill 6	3 x chassé step forwards with a bounce of the ball on each (S)
	3 x chassé step sideways with a bounce of the ball on each (S)

Creative finishing position



SCHOOL GAMES

RIBBON

SMALL APPARATUS

LEVEL ONE

LEVEL TWO

LEVEL THREE

LEVEL FOUR

Ball

Ribbon

LEVEL ONE

Creative starting position

Skill 1	One-foot balance with ribbon coils (B)
	One-foot balance with ribbon snakes (B)
Skill 2	Dish to arch roll holding the stick on one hand and the ribbon in the other (R)
Skill 3	Ribbon coils to the front of the body
Skill 4	Star jump holding the ribbon (S)
Skill 5	Star stand with ribbon snakes from left to right (B)

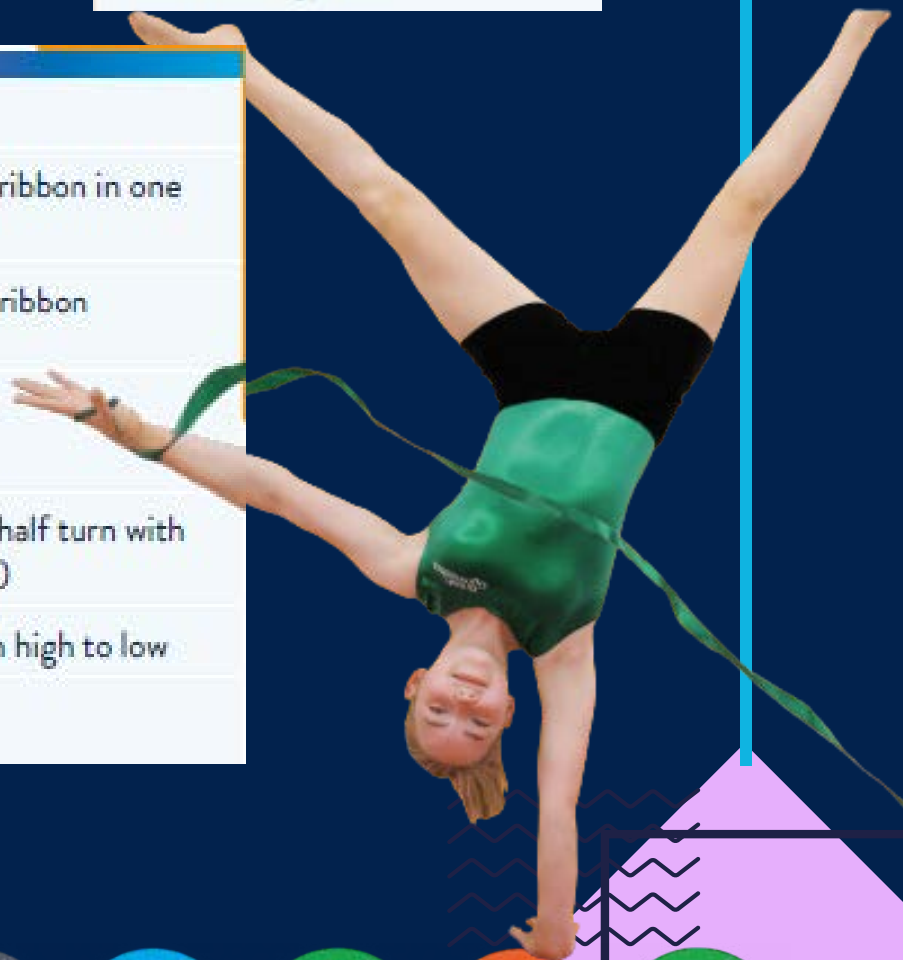
Creative finishing position

LEVEL TWO

Creative starting position

Skill 1	Arabesque holding ribbon in one hand (B)
Skill 2	Cat leap with large ribbon circle (S)
Skill 3	Ribbon coils to the side of the body
Skill 4	Straight jump with half turn with ribbon snakes (S, R)
Skill 5	Ribbon snakes from high to low

Creative finishing position



SCHOOL GAMES

SMALL APPARATUS

LEVEL ONE

LEVEL TWO

LEVEL THREE

LEVEL FOUR

Ball

Ribbon

RIBBON

LEVEL THREE

Creative starting position

Skill 1	Full turn on one foot holding the ribbon at horizontal to create a large circle (R)
Skill 2	Front splits with ribbon coils (B)
	Box splits with ribbon coils (B)
	Arabesque with ribbon coils (B)
	Y balance with ribbon coils (B)
Skill 3	3 x large ribbon circles above the head
Skill 4	Cat leap with large ribbon circle (S)
	Scissor leap with large ribbon circle (S)
Skill 5	Ribbon snakes from high to low to high with a switch of hands
Skill 6	Straddle side roll holding the ribbon (R)

Creative finishing position

LEVEL FOUR

Creative starting position

Skill 1	One-handed cartwheel holding the ribbon (R)
Skill 2	Split leap with a large ribbon circle (S)
	Cat leap with half turn with a large ribbon circle (S, R)
Skill 3	Ribbon snakes from left to right to left with a switch of hands
Skill 4	Arabesque with ribbon coils to the side of the body (B)
Skill 5	3 x large ribbon circles in a figure of eight
Skill 6	3 x chassé step forwards with large ribbon circle to the side of the body on each (S)
	3 x chassé step sideways with large ribbon circle in front of the body on each (S)

Creative finishing position



SCHOOL GAMES

LARGE APPARATUS

LEVEL ONE

LEVEL TWO

LEVEL THREE

LEVEL FOUR

Vault

LEVEL ONE (60CM)

Option 1	From stand, squat onto raised surface, straight jump off
Option 2	From stand, straddle onto raised surface, star jump off

LEVEL TWO (80-100CM)

Option 1	From run, squat onto raised surface, tuck jump off
Option 2	From run, straddle onto raised surface, star jump off

LEVEL THREE (80-100CM)

Option 1	From run, squat onto raised surface, straight jump with half turn off
Option 2	From run, straddle onto raised surface, tuck jump with half turn off

LEVEL FOUR (90-120CM)

Option 1	Squat through
Option 2	Straddle over
Option 3	From run, straddle onto raised surface, straddle jump off

