

INTRODUCTION

The Level 2 Coach must demonstrate competence at developing the listed skills and techniques through recommended procedures including: prerequisite skills, physical preparation, safe and effective progressions and supporting techniques and use of training aids where appropriate.

Reference to biomechanical principles (Sport Specific Section A), must be applied throughout the practical module.

(A) HEALTH AND SAFETY

The Level 2 Coach must demonstrate a knowledge and application of:-

- a) Safe methods of handling, erecting, adjusting, dismantling and storing gymnastic apparatus
- b) Safe apparatus layouts and continuous risk assessment
- c) Executing safe falls: Falling safely when moving forwards, backwards or sideways with rotation or flight; falling safely from the apparatus; recovery techniques to avoid falls
- d) Safe spotting and supporting techniques: The use of safe and recognised "spotting" and "supporting" techniques and the principles that ensure safe and effective supporting
- e) Effective coaching skills including appropriate progressions according to age, stage of maturation, ability and readiness

(B) PHYSICAL PREPARATION

The Level 2 Coach must demonstrate an understanding and ability to teach the following:-

- a) The philosophy of good physical preparation as the foundation for all gymnastic development
- b) Examples of warm up activities including; appropriate exercises, a variety of games, landing drills, which are effective and fun
- c) Physical fitness and readiness to participate through the development of specific strength, flexibility (passive and active) and general endurance for this level of performance
- d) Cool down sessions: purpose and typical activities

Note: The level of understanding and application is illustrated and described in the Level 2 Coach resource packs.

(C) DANCE AND CHOREOGRAPHY

The Level 2 Coach must demonstrate an ability to teach:-

- a) Head, foot and arm positions and good posture in classical dance
- b) Ballet barre elements including: demi pli , full pli , battement tendu, grande battement
- c) Dance elements including: chass , split leaps and pirouettes/turns

(D) TUMBLING AND FLOOR WORK

- a) Static elements and advanced levers: russian lever; top planche. Development of side/forward splits and japana; japana through side splits to front prone lying
- b) Handstands: Straddle lift to handstand; backward roll to front support; backward roll to handstand with straight arms
- c) Dynamic movements
 - Flighted forward roll
 - Headspring
 - Handspring; flyspring and combinations of these skills
 - Free cartwheel – free walkover
 - Backflip, round off backflip
 - Running forward somersault, tucked
 - Round off back flip, back salto, tucked
- d) Physical Preparation: As a pre-requisite to the elements listed above

(E) POMMELS

- a) Straddled swings: Single leg pendulum swings and in front, back and straddle support;   shear; forward shear; backward shear
- b) Double leg circles: development on the floor, on springboards in a swivel bucket, on the pommel mushroom and on all aspects of the body of the horse and handles
- c) Elements: Use of the swivel bucket to develop awareness of: Czechkehre, stockli
A, rear out and rear in; sideways travel out
- d) Physical preparation: as a pre-requisite to the elements listed above

(F) RINGS

- a) Static elements: Inverted hang, back hang, back and front scales; muscle up to ½ lever
- b) Handstands: Handstand preparations; bent arm body press to handstand
- c) Elements: Swing in hang; cast from inverted hang into swing; inlocation and dislocation from inverted hang; static inlocation cast into swing
- d) Dismounts: Back somersault, tucked and stretched
- e) Physical preparation: as a pre-requisite to the elements listed above

(G) VAULTING

- a) Preparation skills: Run up and take off; landing drills, ¾ straight front somersault to back lie onto a safe platform. Jumps and landings from platforms of varying height, taking due care and attention of the age and stage of development of the participants. Jumps to include previously learned body shapes moving forwards and backwards
- b) Vaults: Handspring onto low platform to back lie on safety modules; handspring

(H) PARALLEL BARS

- a) Static elements: russian V and manna
- b) Elements in support: Shoulder rolls to straddle sit; various escape routes from handstand; swing to handstand; static forwards pirouette; swing to tucked manna and cast into swing; forward uprise to straddle support. Forward shoulder roll from straddle support and from swing
- c) Elements in hang: Swing in hang with bent legs; drop upstart; jump to float extended swing; float upstart
- d) Dismounts: Face and flank vaults; swing to handstand hop out to handstand on platform; forward swing hop sideways to back lie on platform
- e) Physical preparation: As a pre-requisite to the elements listed above

(I) HORIZONTAL BAR

- a) Low bar: Clear hip circle backwards; clear hip circle backwards to dismount; short and float upstarts; upstart to handstand; cast to handstand in undergrasp and over grasp; stoop and straddle sole circle
- b) High bar: Various types of handgrip; body shaping (arch to dish); traversing along the bar; cast from hang into basic swing (trolley swing); correct dismounting technique; recovery skills
- c) Polished bar: Shaped swings with amplitude towards the vertical and supported swings passing over the bar, in gloves and loops; forward and backward giants in gloves and loops

- d) Dismounts: Undershoot from front support; undershoot from straddle/stoop on
- e) Physical preparation: as a pre-requisite to the elements listed above

(I) REBOUND

The safe use of the rebound situation as an aid to teaching gymnastics elements listed in the syllabus.

The Level 2 Coach must demonstrate proficiency in the following topics:-

- a) Safety: In the erection, use, dismantling and storing of rebound equipment including the trampette and trampoline. Safety in the use of elastic rebound equipment, including fast track, air track, trampette and trampoline as an aid to teaching gymnastics skills within the syllabus
- b) Trampoline: Introduction to correct techniques for front drop; seat drop; back drop; jumps with $\frac{1}{2}$ and $\frac{1}{1}$ turn and combinations of these skills as core elements for the teaching of gymnastic elements