



E.M. GymStarz Gymnastics Club
Joseph Whitaker School, Rainworth,
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Contact Us:
Tel: 07988376268
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Under 8 Years Open Club Floor and Vault Competition

Gymnastics for All

5 Year Old Routine:

Floor

Walk 4 steps stretched on toes and arms by ears, squat down, tuck roll backwards to shoulders and forward to finish on feet in the squat position Roll out to flat back, hands on top of thighs, and show dish shape, lower to the floor, extend arms by ears and log roll onto tummy, lift to arch, lift to arch position, lower to the floor circle arms outwards to finish under shoulders, push to kneeling jump feet forward to squat. Jump to stand then balance on 1 leg, hold for 3sec back to stand, 3 skips showing high knee lift, from 2 feet stretch jump to finish.

Vault

Run and Hurdle step onto a springboard, immediate stretch jump onto safety mat.

6 Year Old Routine:

Floor

Walk 4 steps stretched on toes and arms by ears, squat down tuck roll backwards to shoulders and forward to stand, stretch jump to squat down, roll out to fiat back, hands on top of thighs show dish shape, holding for 3 seconds, lower to the floor and extend arms by ears, log roll on to tummy, lift to arch and hold for 3 seconds, lower to floor and circle arms outwards to finish under shoulders, push to kneeling hold body in a support position for 3 seconds, jump feet forward to squat, jump to stand, balance on 1 leg to the side 45 degrees and hold it for 3 seconds, return to stand perform 2 chasse steps on the same leg, then from 2 feet star jump to finish.

Vault

Using 3 sections of box height (**approx 70cm**)

Show good speed on run up, nice hurdle step and good shape on contact with the board, and stretch to squat onto the box immediate stretch jump off, showing a controlled landing.

Gymnastics4all, Trampolining, Adult and Fitness session



**Disability
Friendly**





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7 Year Old Routine:

Floor

Walk 4 steps stretched on toes and arms by ears, arabesque leg over 45 degrees hold for 3 seconds, return to stand squat down forward roll to finish in squat, roll back to shoulder stand supporting at the hips hold for 3 seconds, roll out to fiat back, hands on top of thighs show dish shape holding for 5 seconds, lower to the floor extend arms by ears log roll onto tummy, lift into arch holding for 5 seconds, arms circle outwards to finish under shoulders, push to front support, showing good body shape and tension hold for three 3 seconds, jump feet in to squat, stretch jump to stand, 2 forward chasse steps with change leg ,then from 2 feet jump turn to finish.

Vault

Vault or Box (Height 1.00 meter)

Show good speed on run up, nice hurdle step and good shape on contact with the board, and stretch to squat onto the Vault immediate stretch jump off, showing a controlled landing.

Gymnastics4all, Trampoline, Adult and Fitness session



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