



#DevonVirtualGames

## Gymnastics Sequence Competition

**GYMNASTICS CHALLENGE 2020**  
**CRIB SHEET**

ROOKIE	BRONZE	SILVER	GOLD	PLATINUM
<ul style="list-style-type: none"><li>Log roll</li><li>Front support</li><li>Front support and raise one leg</li><li>Return to tuck shape</li><li>Egg roll</li><li>Straight jump</li></ul>	<ul style="list-style-type: none"><li>2 bunny hops</li><li>Exploding egg roll</li><li>Straddle sit</li><li>Teddy bear roll</li><li>V sit in tuck</li><li>Shoulder stand (hands on hips)</li><li>Roll to stand</li></ul>	<ul style="list-style-type: none"><li>Forward roll to straddle sit</li><li>Teddy Bear roll x2</li><li>V sit</li><li>½ log roll to "aeroplane"</li><li>Front support</li><li>Side support</li><li>Back support</li><li>Shoulder stand (hands on hips)</li><li>Roll to stand</li></ul>	<ul style="list-style-type: none"><li>Arabesque</li><li>Forward roll to stand</li><li>Jump half turn</li><li>Cartwheel</li><li>Step and turn</li><li>V sit to aeroplane and return</li><li>Shoulder stand arms on floor</li><li>Roll to stand</li></ul>	<ul style="list-style-type: none"><li>Forward roll to straddle</li><li>Front support to press up</li><li>Handstand</li><li>Jump half turn kick</li><li>1 handed cartwheel</li><li>Jump full turn</li><li>Round off</li></ul>

*Any of these challenges can be followed up by pupils creating their own sequences using the same moves in a different order or by adding new links or new moves!*

**KEY SKILLS**

<ul style="list-style-type: none"><li>Log roll</li><li>Egg roll</li><li>Extended front support</li><li>Straight jump</li></ul>	<ul style="list-style-type: none"><li>Bunny hop</li><li>Mini V-sit in tuck</li><li>Egg roll with straddle</li><li>Teddy bear roll</li><li>Shoulder stand</li></ul>	<ul style="list-style-type: none"><li>Forward roll to sit</li><li>Aeroplane</li><li>Front support rotating to back through side</li><li>Shoulder stand</li><li>V-sit</li></ul>	<ul style="list-style-type: none"><li>Full forward roll</li><li>Half turn jump</li><li>Cartwheel</li><li>V-sit controlled to aeroplane and return</li><li>Rock and roll</li></ul>	<ul style="list-style-type: none"><li>Forward roll to straddle</li><li>Full turn jump</li><li>One handed cartwheel</li><li>Handstand</li><li>Round off</li></ul>
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Rookie sequence - <https://youtu.be/WpTiB9sVrF8> (You tube - Ashton Park SSP Rookie challenge)

Bronze sequence - <https://www.youtube.com/watch?v=gFqDU5mQnsM> (youtube - Ashton Park SSP Bronze challenge)

Silver sequence - <https://www.youtube.com/watch?v=KV9bFiCAVQ8> (youtube - Ashton Park SSP Silver challenge)

Gold sequence - [https://www.youtube.com/watch?v=4It0s7\\_8QT0](https://www.youtube.com/watch?v=4It0s7_8QT0) (youtube - Ashton Park SSP Gold challenge)

Platinum sequence - <https://www.youtube.com/watch?v=bjch0QDLIQA> (youtube - Ashton Park SSP Platinum challenge)