

WASPS Gymnastics Competition

Stage 1 Floor Routine

There are two versions of the routines below (one for staff and one for children). The content in brackets refers to teaching points that judges will look for when children perform their routine.

1. Star Jump (Straight legs in jump – feet together on landing)
2. Forward roll to Sitting in Pike (Straight legs – pointed toes – arms by ears)
3. Balance in N sit for 3 seconds (feet together – pointed toes – arms level with shoulder)
4. Rock backwards and forwards in Tuck 3 times (holding legs if needed)
5. Back Support (hands on floor by hips – tight shape – legs together)
6. Roll sideways into Front Support (arms in line with shoulders – tight shape – feet together)
7. Jump feet to hands to show Crouch and stand up in Stretched Position
8. Squat down (arms by ears – knees and feet together) and do a Stretched Bunny Hop (Flat hands – knees and feet together – stretched shape)
9. Bunny Hop to Handstand (Flat hands – knees and feet together) and Hold Tucked Shape while lowering feet to floor.
10. Stand up to show Stretched Position. Lift one leg straight to Horizontal and balance for 3 seconds (keep legs straight)

Stage 1 Floor Routine

1. Star Jump
2. Forward roll to Sitting in Pike
3. Balance on Bottom while holding Tuck Shape (3 seconds)
4. Rock backwards and forwards in Tuck (3 times)
5. Lift Hips to show a Back Support
6. Roll sideways to Front Support
7. Jump feet to hands to show Crouch. Stand up to show Stretched Position
8. Squat down. Stretched Bunny Hop
9. Bunny hop to tucked handstand. Lower feet to floor in tuck shape
10. Stand up to show stretched position. Lift one leg straight to Horizontal and balance (3 seconds)

Stage 1 Vault Routine

From a short run, hurdle step and jump from two feet to land on one layer of long box with control. Walk on toes to the end of box and Straight Jump off to landing position.

One mark for each of the following:

1. Energy in run-up
2. Hurdle Step
3. Swing of arms forward and upwards in jump
4. Straight Shape in Jump
5. Land on the box top
6. Walk on toes
7. Swing of arms forward and upwards in dismount Jump
8. Height in dismount Jump
9. Distance in dismount Jump
10. Landing Shape held