

## Stage 4 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 completing movements.

1. Full turning tuck jump (Show shape in jump – feet together during jump and on landing).
2. Forward roll to immediate Tuck Jump (show shape in jump – pointed toes – arms by ears).
3. Straight into Forward roll half turning Straight Jump (Straight legs – pointed toes – arms by ears)
4. Squat down to crouch and lift with straight legs into headstand (straight legs – feet together – toes pointed) before returning to squat position.
5. Stand up straight and step forward to half turning spin and step down (bent leg passes across the front). Bring back foot forward to join front foot with legs together.
6. Front to Back Cartwheel (arms by ears – straight legs), finishing in a hollow shape (arms down - palms out).
7. Jump step Cartwheel front to side, Chasse Cartwheel side to back.
8. Arabesque balance, hold for 3 secs. Swing back leg through to hold leg horizontal at front balance for 3 secs. Keeping leg raised, squat down to sit
9. Straighten legs to sit in Pike, lie down and push up to Bridge (bent arms – hands by shoulders). **Optional finish:** Kick over to stand or return to lying, bring knees to chest and rock backwards and forwards to standing.
10. Lunge into a Handstand, and then return to a lunge position.

## Stage 4 Routine

1. Full turning Tuck Jump
2. Forward roll to immediate Tuck Jump
3. Forward roll half turning Straight Jump
4. Squat down to crouch and lift with straight legs into Headstand
5. Stand up straight and step forward to Half Turning Spin and step down
6. Front to Back Cartwheel, finishing in a hollow shape.
7. Jump step Cartwheel front to side, Chasse Cartwheel side to back.
8. Arabesque balance for 3 secs. Swing back leg through to hold leg horizontal at front balance for 3 secs. Keeping leg raised, squat down to sit.
9. Straighten Legs to sit in Pike, lie down and push up to Bridge. **Optional finish:** Kick over to stand **or** return to lying, bring knees to chest and rock backwards and forwards to standing.
10. Lunge into a Handstand, and then return to a lunge position.

## **Stage 4 Vault Routine**

From a run, Hurdle-Step to springboard and either Squat Through or Straddle Over three layers of the wide box to Landing Position on safety mat.

One mark for each of the following:

1. Energy in run up
2. Hurdle-step
3. Swing of arms forwards and upwards
4. Layout shape before tucking or straddling legs in first flight
5. Thrust off to generate second flight
6. Lift of chest in second flight
7. Tuck or Straddle shape in second flight
8. Height in second flight
9. Distance in second flight
10. Landing Position held

Under LEA guidelines produced in conjunction with British Gymnastics, gymnasts attempting Vault 4 should train and compete only under the guidance of a suitably qualified coach (a minimum of BG level 1 Certificate of Teachers Intermediate Award). The coach must stand by in the box while each gymnast vaults and must ensure that the springboard is at the correct distance for the gymnast.