**YORKSHIRE GENERAL 3 PC / 4 PC ‘GIVE IT A GO’ INTRODUCTORY LEVEL (BEAM)**

**GYMNAST: ………………………………………………………………………….**

**6 MOVES REQUIRED (4 of the skills must come from different categories – Mount and Dismount count as one category)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **MOUNT** | **ACRO** | **TURNS** | **LEAPS/JUMPS** | **BALANCES** |  |  |  |
| Squat On;  Straddle On;  Front support, leg round to straddle sit  **DISMOUNT**  Straight jump;  Tuck jump;  Star jump | Needle kick;  Rock to stand from lay position or sit position;  Bunny hope (hips above shoulders) | ½ turn on toes;  ½ turn in crouch;  Change direction at the end of the beam;  Tap turn (step point to the front, transfer weight and step point to side transfer weight and point to the rear) | Straight jump;  Tuck jump;  Cat leap | V sit with or without the aid of arms;  Star shape – whilst sat on the beam;  Single leg balance (min 45°)  Arabesque;  Passe;  Shoulder stand;  Front support on top of the beam;  Bridge;  Releve (two feet) |  |  |  |

**ROUTINE SELECTED:**

|  |  |  |
| --- | --- | --- |
| 1 |  | **BEAM HEIGHT & MATTING:** |
| 2 |  | 125cm  Matting up to 90cm |
| 3 |  |
| 4 |  |
| 5 |  |
| 6 |  |
| 7 |  | **BONUS AVAILABLE:** |
|  |  | 0.5 for staying on the beam and completing skills from 4 categories  0.5 for completing an acro skill landed on the beam |