



PODAR ENRICHMENT ACADEMY

Learning for Life

→ **GYMNASTICS:**

→ **DICIPLINES OF GYMNASTICS :-**

- 1 Artistic Gymnastic (Boys & Girl)
- 2 Rhythmic Gymnastics (Only Girls)
- 3 Sport Trampoline (Boys & Girls)
- 4 Sports Acrobatic (Boys & Girls)
- 5 Sports Aerobic (Boys & Girl)

→ **ARTISTICS GYMNASTICS APPARATUS (BOYS & GILRS) :-**

BOYS		GIRL	
1	Floor Exercise (Mat Exercise)	1	Floor Exercise (Mat Exercise)
2	Vaulting Table	2	Vaulting Table
3	Horizontal Bar	3	Un-Even Bars
4	Parallel Bars	4	Balancing Beam
5	Pummelled Hours		
6	Steel Rings (Roman Ring)		

→ **FLOOR EXERCISE (MAT EXERCISE) FOR BOYS & GIRLS:-**

- 1 Front roll or forward roll
- 2 Back roll or backward roll
- 3 Front roll to split
- 4 Back roll to split
- 5 Dive roll
- 6 Cartwheel
- 7 One wheel Cartwheel
- 8 Hand stand hold
- 9 Hand stand Roll
- 10 Round off (Cartwheel Cut)
- 11 Hand spring
- 12 Front walk-over
- 13 Back walk-Over
- 14 Front balance



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- 15 Aeroplane balance
- 16 Stork balance
- 17 'Y' balance
- 18 Sleeping arch or bridge
- 19 Standing arch or bridge
- 20 Horizontal split
- 21 Vertical split
- 22 Tuck jump
- 23 Split (straddle) Jump
- 24 Pike jump
- 25 360° Jump turn (from left side & from right side)

└ **HORIZONTAL BAR FOR BOYS:-**

- 1 Simple grip hold
- 2 Reverse grip hold
- 3 Simple grip swing
- 4 Swing hand change
- 5 Simple grip chin-ups
- 6 Reverse grip chin-ups
- 7 Up-ward circle

└ **PARALLEL BARS FOR BOYS :-**

- 1 Straight arm support
- 2 Straight arm support walk
- 3 Straight Arm Support both leg swings
- 4 Swings to forward straddle cut
- 5 Swings to backward Straddle cut
- 6 Tuck hold position
- 7 'L' support Position



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└─ **BALANCING BEAM FOR GIRLS:-**

- 1 Walk on toe
 - 2 Leg rising (alternate)
 - 3 Cat jump
 - 4 Scissors jump
 - 5 Stag jump
 - 6 Tuck jump
 - 7 Pike jump
 - 8 Toe jump
 - 9 Leap front roll
 - 10 Cart wheel
 - 11 Hand stand roll
 - 12 180 turn on toe
 - 13 360 turn on toe
 - 14 180 Jump turn
 - 15 360 Jump turn
 - 16 Horizontal split
 - 17 Vertical split
 - 18 Front balance
 - 19 Aeroplane balance
 - 20 Knee balance
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