

## **NATGAP Information:**

So the programme consists of three schemes - Standard, Early Years and Advanced. Each has a book that the gymnast owns and keeps as a record of their achievement and progress.

The Standard Scheme consists of four levels and Advanced of a further two.

The Early Years Scheme consists of Little Gem and Junior Gem. These have 8 sections of mixed apparatus skills (and really cute medals!). Little Gem is aimed at 3-4 year olds and Junior Gem is suitable for 4 upwards depending on their level of experience and is a good place to start for complete beginners before moving on to the Standard Scheme.

For the Standard and Advanced levels there are eight sections of twelve skills for the gymnasts to complete needing 10 out of 12 of the skills to pass and achieve their medal. The eight sections are: Vault, Bars, Beam Gym, Beam Acro, Floor Gym, Floor Shapes, Floor Acro and Body Prep. Boys sections are Parallel Bars, Mixed apparatus (Rings and Pommel), Upper Body & Gym and a modified Bars section. These replace Beam Gym, Beam Acro and Floor Gym in a Boys only book.

Examples of skills from the Standard Scheme: Emerald, Sapphire, Ruby and Diamond

### **Vault:**

Emerald - running technique, take off and landing and simple platform vaults

Sapphire - platform vaults and handspring prep

Ruby - handspring and twisting vault prep

Diamond - twisting vaults and tsuk prep

### **Bars:**

Emerald - casts, shapes on and under bar

Sapphire - floats shoots and circles

Ruby - linked moves

Diamond - upstarts clears giant prep

### **Beam:**

Emerald - Walking shaping landings

Sapphire - simple jumps and leaps spins mounts dismounts rolls

Ruby - holds, large leaps, salto dismounts, cartwheels, walkovers

Diamond - flight elements, linked dismounts, turning jumps

### **Floor:**

Emerald - shapes, rolls, bridge preps

Sapphire - multiple leap and jump shapes, spins, early salto work, walkover prep

Ruby - handsprings, walkovers, roundoffs

Diamond - tumbles, aerials, Advanced leaps and jumps.

Advanced Scheme: Blue Diamond and Pink Star Diamond

Vault: Yurchenko, Tsuk and hand stand front prep

Bars: Clear to handstand, giants, turning

Beam: Advanced leaps and jumps and acro combinations

Floor: Saltos and twisting saltos and double back

