



NRG COACHING AWARDS

FURTHER GYMNASTICS AWARD 3

COMPULSORY PASS CRITERIA

Must have held [2. Developmental Gymnastics](#) or similar Nationally recognised award for a period of at least 12 months prior to course date.

Recommended 18 years plus on day of course.

Hold current Safeguarding & First Aid Certificates

Attend practical course.

Complete Self assessment on the day

DAY 1 PRACTICAL (Full Day)

Technical: Floor Skills

Round-off as accelerator

Front Handspring

Handspring to 1, Handspring to 2

Standing Back Handspring

Round-off Back Handspring

Free Cartwheel

Standing Back somersault

Optional APPARATUS ADD-ON (Full Day)

Technical: Vault

Handspring Vault

Handspring 1/2 turn off

Handspring 1/2 turn on

Technical: Beam

Tuck jump Mount / Forward Roll Mount

Back Walkover

Round-Off Dismount

Handspring Dismount