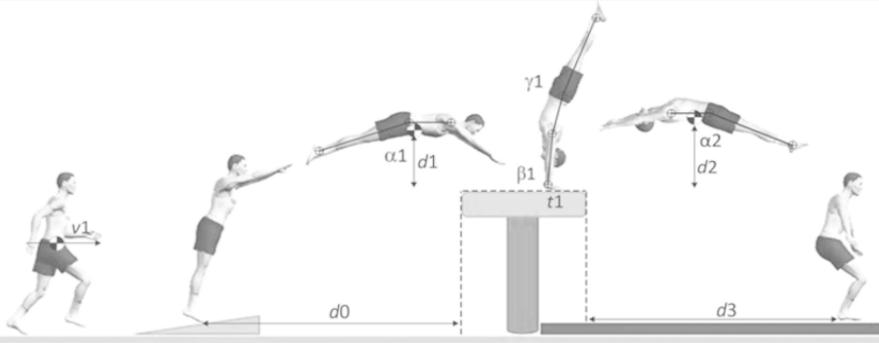


Handspring on the Vault

The big picture



Progressions to Handspring (Know, coach & attempt)

- Handstand shapers (from lesson 3)
- Handstand flatback onto crashmat
- Handstand hop from springboard to flatback on crashmat
- Heel lifts from trampette over box top to flatback
- Handstand flatback over block onto stacked mats
- Handstand flatback over box top vault
- Full handspring over box top vault

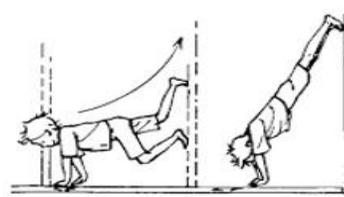
You will be able to perform some the progressions of a handspring vault



Year 8 Gymnastics

Handstand practice

Handstand walks up wall



Kick into handstand against wall



Handstand with partner support



Practicing handstand shape on the floor



Keyword	Definition
Tension	Tightening muscles to help you maintain a posture.
Extension	Stretching or straightening your limbs.
Technique	The method of doing or performing something
Progression	The process of moving towards something you want to achieve
Speed	How quickly an individual can move
Power	The ability to use strength at speed

Vaulting

5 Parts of a vault

1. Approach
2. Flight on
3. Contact with the vault
4. Flight off
5. Landing shape

