

Floor**4-5 yrs**

Rock and roll stand up (no hands)
 3 skips forwards
 Bent leg balance (knee horizontal) – 2 secs
 2 bunny hops moving forwards
 Jump ½ turn
 Forward roll to pike sit
 Dish roll to Arch
 Front support jump feet in and jump up to stand
 Star jump

Vault

Squat on star jump off

See website for details & routines

Floor**6-7 yrs**

1 chasses, 1 catleap, scissor kick
 Kneel to splits, sit in pike
 Shoulder stand rock to stand up (no hands)
 Jump ½ turn
 Forward roll to straddle sit
 2 Teddy bear rolls

Lay back legs together

Bridge
 Dish roll to arch
 Front support jump feet in and jump up to stand
 Star jump, tuck jump

Vault

squat on jump ½ turn off

Beam – wide beam (girls)

Push to support, swing leg over to sit astride, legs behind to kneel to stand
 Side gallops (hands on hips) to the middle of beam
 Turn 1/4 circle to face the start
 2 straight jumps on the spot
 Walk backwards (arms out to the side) to the end of beam
 Bent leg balance (knee horizontal) – 2 secs
 2 skips forward (hands on hips)
 2 bunny hops moving forwards
 March to the end, stop

Star jump off

P/Bars (boys)

Push to support hold tuck – 2 secs (Thighs horizontal)
 3 swings – straight body & legs

Swing legs forward to straddle sit, join legs to front dismount

Beam – wide beam (girls)

Squat or straddle on
 Dip walks (lift leg to horizontal) to the middle of beam
 Straight jump, tuck jump on the spot
 Skip (hands on hips) to the end
 Turn on toes (arms up)
 2 chasses, 1 catleap

Rock and roll (squat down, lay on back, hands above head, lift straight legs, rock to stand)

Arabesque (2 sec)
 Bunny hops to end of beam
 Jump ½ turn off

P/Bars (boys)

Push to support & hold tuck – 2 secs (Thighs horizontal)
 3 swings to forward straddle sit
 join legs – 3 swings
 Swing legs forward to front dismount

Floor**8, 9 & 10yrs**

Cartwheel ¼ turn (front to back)
 Backward roll to straddle stand or over 1 shoulder to knees
 Box splits, sit in straddle
 Bridge lift 1 leg then either:
 kickover to stand or Shoulder stand rock to stand
 Jump full turn
 Handstand or split handstand or high bunny hop
 Chasse catleap scissor kick
 ½ spin
 Run (3 or 4 steps) dive roll, star jump

Vault

Straight jump on & kick to handstand flatback

Floor

Handstand forward roll
 Cartwheel ¼ turn (front to back)
 Backward roll
 Arabesque – 2 secs
 Chasse, catleap, scissor kick
 Full spin
 Hurdle step, split jump

Tuck jump 1/2 turn

Run or jump lunge round off
 jump ½ turn dive roll

Vault

Straight jump on & kick to handstand flatback
 or 2 footed handspring flatback

Beam – wide beam (girls)

Squat or straddle on
 Chasse catleap
 Arabesque (2 sec)
 Hip flexions (using arms) to the end
 ½ spin
 Forward roll
 Tuck jump, split jump
 Round off or skip to end, straddle jump off

P/Bars (boys)

Push to support hold pike - 2 secs
 3 swings to straddle sit
 join legs 3 more swings
 legs backwards or forwards dismount
 over p/bar to land

11+ yrs**Beam – wide beam (girls)**

Squat or straddle on
 Chasse catleap scissor kick
 Y balance or arabesque (2 sec)
 Jump ½ turn
 Forward roll
 Tuck jump, split jump
 Handstand or high bunny hop

Round off or dip walks (lift leg to horizontal) pike jump off

P/Bars (boys)

2 inverted pike swings or hold
 Push to support hold pike - 2 secs
 3 swings to straddle sit join legs 3 more swings
 legs backwards dismount over p/bar to land