

LEVEL	FLOOR		BEAM		BARS		VAULT/TRAMPETTE	
1	Fun Shapes - Pike Straddle and Tuck		walk along beam forwards		hang on bar in straight shape for 10 seconds		hop scotch on floor	
	Rocking in tuck pike and straddle shape		step dip on beam		swing on bar 5 times in dish and arch shape		jump from standing on springboard with arm swing	
	stretch jump		bunny hops along bench		show hanging shapes - tuck pike straddle		jump from box top show safe landing and present	
	front and back support		walk along beam sideways		front support hold on bar		burpee	
	skip forward for one length of mat		safe jump from beam					
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2	dish and arch on floor		stretch jump off high beam		swing with regrasp		run and hurdle step with a stretch jump	
	chasses fwd and backward		arabesque or one leg balance hold 3 secs		forward circle down		on low box or blocks squat on and stretch jump off	
	tuck jump and star jump		walk along beam full turn in the middle				trampette jump to star shape	
	forward roll down incline		Stretch jump on bench / low beam					
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3	forward roll on floor		bunny hops along beam		floor bar - straddle on and fall back to straddle sit		tuck jump off springboard	
	back roll down incline		walk backwards along the beam		cast away to land		low box straddle on stretch jump on	
	forward and sideways chasses		tuck jump off the beam				3 bumps on springboard - forward roll to lay flat mats	
	show crab shape							
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4	japana leaning 45 degrees flat back		stretch jump onto end of bench from ir springboard		cast return to bar in front support hold		running trampette straddle jump	
	back ward roll on floor		forward roll to seat position on bench (Tuck/Pike)		jump to front support - forward circle down to hang		squat on to table vault stretch jump off	
	bridge		Knee scale				dive forward roll off springboard to raised mats or	
	1/2 turn jump							
LEVEL	FLOOR		BEAM		BARS		VAULT/TRAMPETTE	
5	cartwheel		should stand holding bench above head		squat on to bar using trampette or springboard		kick to handstand flat back on floor mat from springboard	
	cat leap		1/2 turn pivot		up circle with assistance		dive roll across table Vault	
	backward roll straddle		forward roll to stand on bench					
	lunge - kick to handstand finish in lunge							
	towards splits - front leg straight - back knee on floor							

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6	Split leap min 120 degrees		cartwheel dismount on low beam/bench		up hip circle		handspring flat on 50cm block using springboard	
	one handed cartwheel		squat on to high beam (with shoulder assistance)		cast to straddle on		jump from platform onto trampette - show Stretch, Tuck	
	handstand		forward roll to seat on beam					
	full turn spin on one foot							
	headstand							
LEVEL	FLOOR		BEAM		BARS		VAULT	
7	backward roll to front support		forward roll to stand		up hip circle		hand spring off table vault	
	round off		1/2 turn spin		cast to straddle on		handspring flat back on 100 cm blocks	
	back bend kick over		cat leap					
	full turn jump		cartwheel on bench					
	Cartwheel one arm							
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8	backward roll to front support with straight arms		cartwheel on the beam		straddle undershoot		handspring over vault	
	handstand forward roll		full spin on one foot		back hip circle		handspring to stand on 50cm block	
	splits		split leap 90 degrees				round off to flat off springboard	
	round off stretch jump and round off tuck jump		round off dismount					
LEVEL	FLOOR		BEAM		BARS		VAULT/TRAMPETTE	
bronze	dive cartwheel		handstand		From Front support layout to squat on		handspring 1/2 to flat over table vault	
	backward walkover		y balance		swing on high bar to pullover		trampette front somersault	
	straddle jump		squat on to high beam		straddle feet on bar and undershoot			
	handstand 1/2 turn							
LEVEL	FLOOR		BEAM		BARS		VAULT/TRAMPETTE	
silver	backward roll to handstand		connect 2 jumps or leaps		from low bar to high bar - baby giant		handspring 1/2 to land over table vault	
	forward walkover		split leap 120 degrees		5 toe touches on high bar		trampette tuck back somersault	
	full turning cat leap		straddle on to high beam		In long hang, swing forwards and half turn to land safely			
	handstand full turn							
LEVEL	FLOOR		BEAM		BARS		VAULT/TRAMPETTE	
	back flick from standing or round off		back walkover on bench		straddle on undershoot		handspring 1/2 on 1/2 to flat	

gold	free cartwheel		japana mount		swing 1/2 turn		handspring 1/2 on 1/2 off to land	
	valdez		forward roll mount		float upstart			
	Elephant lift							