

Preschool

Present

Forward roll to pike

Straddle

1 Tuck rock

Pike to back support

Roll over to front support

Jump feet to hands and stand

Straight jump

One leg balance

Present



Novice

Present

Star jump

One leg balance

Hands on hips x2 skips

Forward roll to straddle

Pike to back support (hold 2)

Turn over to front support (hold 2)

Jump feet to hands & 3 bunny hops

Stand & straight jump

Present



Novice 1 & 2

Present

Arabesque

3 straddle bunny hops

Forward roll to tuck

V sit with support

Lay down and hold bridge

Back support to front support

Lower head to floor and tucked

headstand Stand and cartwheel

Present



Novice 3 & 4

Present

Tuck jump

Kick to handstand

Jump jump forward roll to stand

Caterpillar walk to side support

Shoulder stand no support

Roll to arch shape

1 press up and jump feet to stand

Skill of choice

Present

Skill of choice

1. Tuck half turn
2. Cat leap
3. Backwards roll to straddle
4. Back walk over 0.3 bonus
5. Headstand 0.3 bonus
6. Round Off 0.3 bonus

