

	Floor	Vault	Bars	Beam & P-Bars
6	Straight Jump	12m Sprint	Tuck hang (5s)	Walk along low beam with fat pad
	Tuck Jump	Hopscotch	Straddle hang (5s)	Walk backwards along low beam with fat pad
	Star Jump	Bunny hops across 5 coloured squares	Piked Hang (5s)	Straight jump dismount from low beam
	1 leg balance (3s)	Bunny hop onto bench	Monkey walks along bar	Walk sideways along beam
	Front Support	Landing shape	From gymnova, catch bar, 3 swings	Walk forwards along beam
	Back Support	Straight jump from bench	Tucked leg lift	Straight jump dismount
	5 Bunny Hops	Straight jump on green springboard	Chin up	Tuck jump dismount
	Tuck Shape, Rock to Stand	Squat on to block without springboard	Front suport (5s)	Traverse P-bars sideways on all fours
	Shoulderstand (with hand support)	Squat on to block with small springboard	Bent arm hang on rope (3s)	Hold support on red P-bars (5s)
5	Forward roll down wedge	Straight jump from block	Forward roll dismount from baby bar	3 Bent leg swings on red P-bars
	Forward roll	Tuck Jump from block	5 swings on pit bar	Walk backwards along beam
	Backward roll down wedge	Tuck jump from small JF springboard	3x baby cast	Walk forwards on tip toes
	Jump half turn	Squat on to vaulting horse (S)	Circle up (S)	Dip Walks
	Elevated front support	Straddle on from trampette and block	Show inverted hang	Kick Walks
	Piked handstand (feet on block)	Star jump from block	Forward roll dismount from low bar	1 leg balance on low beam with fat pad
	Shoulderstand (without hands)	Straight jump on bench and trampette set up	Leg lift	Forward roll on Fat pad (S)
	Tucked dish shape	Leap frog of mushrooms	5 hand movement rope climb	Star jump dismount
	Arch shape	Squat on from trampette and block	Circle up on low bar using block set up	Traverse P-bars forwards on all fours
4	Bunny hops over bench	Squat through small blue block on floor	Squat on to floor bar	Monkey walks in hang on P-bars
	Bridge	From trampette, forward roll onto pile of mats	Chin up hold (5s)	Momentary Half lever on Parallettes
	Forward roll to straddle stand	Squat on to vaulting horse	Dish hang (5s)	Dip Kicks
	Backward Roll	Straddle on to vaulting horse (S)	Arch hang (5s)	Bunny hops
	Jump full turn	Straight jump from trampette	Squat on from block, straight jump off	Catapillar walks
	Handstand against a wall	Tuck Jump from trampette	Cast to dismount	Mount beam
	Arabesque	Straddle jump on trampoline	Circle up from gymnova	Straddle Jump dismount
	Backward roll to straddle	Squat through to pike sit on pile of mats (S)	5 swings with regrasp	Half turn dismount
	Cartwheel down wedge	3 bounces on trampette, handstand flatback (S)	Hanging 1/2 turns	Forward roll on fat pad
Bronze	Dish shape	Handstand flat back from trampoline	Straddle onto floor bar, fall to seat	Forward roll on high beam (S)
	Kick to Handstand	Squat onto vaulting table	Cast into back hip circle (S)	Walk forwards on P-bars in crab
	Bridge Kickover (from block)	Squat through vaulting horse (S)	Dish rocks holding stick	Half lever on parallettes (3s)
	Backward roll to front support	Straddle on to vaulting horse	Circle up from stand	Cartwheel along bench
	Cartwheel	Straddle jump from trampette	Cast to horizontal	Squat on mount
	Handstand (2s)	Squat through vaulting horse	Cast, squat on, straight jump off	2 footed jumps along beam
	Handstand hop	Straddle over block from floor	Rope climb to top	Arabesque on beam
	Cartwheel 1/4 turn in	Straddle over vaulting horse (S)	Trolley swing	1/2 turn on toes
	Handstand forward roll	Handspring to land from blue block (S)	Swings in straddle hang (feet on bar)	Round off dismount
Round off	Handstand flatback (hands on springboard)	Swinging 1/2 turn	Monkey walks in hang on P-bars with 1/2 turn	
Flick prep (jump back onto mat)	Handstand flatback (springboard and block)	Undershoot dismount (S)	Penguin waddles along low bars	
Bridge Kickover	Handstand flatback (trampette and pile of mats)	Back hip circle	Tucked hold on Parallettes (2s)	
Bend back to bridge (on green mat)	15 heel raises on vault	From low bar jump to catch top bar	3 Small swings on low bars	

Silver	Bounce, bounce, flighted forward roll	Handspring off trampoline	Cast, squat on, jump to catch top bar	Cartwheel on fat pad
	Round off, rebound jump	Straddle over vaulting horse	Straddle undershoot (S)	Straddle on mount
	Backward walkover	Handspring over vaulting horse with trampette (S)	Swinging 1/2 turn, change both hands	Forward roll
	Handspring over roller	Front somersault from trampette	Forward hip circle (S)	Hopping along beam
	Flick over roller	Handspring (springboard and gymnova) (S)	Rope climb, descending in straddle	Momentary Handstand on Fat pad
	Flyspring on trampoline	Front somersault over vault from trampette (S)	Undershoot dismount	Handspring dismount
	Forward roll onto pile of mats	Handstand flatback (springboard and pile of mats)	Cast into swings	Shoulderstand on beam
	Front somersault from trampoline	Flyspring over block on floor	From swing, baby giant (S)	Handstand on paralleltes
	2 linked cartwheels	Half on to lay flat on block	Geinger roll to mixed (below the bar)	Swings to horizontal
Handstand 1/2 pirouette	Handstand flatback (mats piled up behind table) (S)	From gymnova, float swing	1/2 lever (3s)	
Gold	Dive roll (green mat)	Handspring (vaulting horse)	Staddle undershoot	Tuck Jump on beam
	Handspring	Handspring (vaulting table and trampette)	Cast to handstand (S)	Front Somersault dismount from beam
	Front somersault	Half on to lay flat (trampette and mat piled up)	Upstart (S)	Back Somersault dismount from beam (S)
	Flick on trampoline	Straight front from trampoline	Baby giant	Backward walkover on fat pad
	Y Balance	Straight front from trampette	Piked sole circle (S)	Cartwheel
	Backward roll to handstand	Handspring (vaulting table)	Swing, kick to dish and release	Forward roll mount
	Round off flick	Front half (trampoline)	Tucked back somersault dismount (S)	Jump to one leg mount
	Headspring from block	Handspring to feet on block	Forward hip circle	Swing to handstand on low bars (S)
	Tuck back from block (S)	3/4 Straight front to back (S)	Straddle stand fall forwards, change grip and swing	Swings in upper arm
Front somersault 1/2 twist (trampoline)	Front somersault over vault from trampette	Swing to horizontal, back uprise, back hip circle	Rear flank dismount	
GOLD STAR 1	Handspring to one foot	Handspring half on (table)	Upstart	Split leap
	Handspring tuck front to pit	Squat through with layout (table)	Clear hip from block (s)	Y balance
	Round off 2 flicks	Handspring half off from block	Pike sole circle	cartwheel straight jump dismount
	Round off flick tuck back	Handspring half on half off, block	Swing, tuck back dismount	Cartwheel tuck back dismount (s)
	Straight back from block (s)	Handspring 1/1 off from block	Straddle underhoot 1/2 twist	Flick on fat pad (s)
	Round off straight back to pit	round off from wwdge, land in dish	Routine: (skills must be connected)	W jump on beam
	W jump 1/2 turn	Handspring hop to mats, flat back	1. Circle up, cast back hip circle	Backward walkover on beam
	Handstand 5 secs	Round off from spring board	2. Squat on catch high bar	3 swings to handstand
	Handstand 1/1 piroutte	Straight front to land	3. 3x swings, Swing 1/2 Turn	10 second 1/2 lever hold
Straight front 1/1 twist (tramp)	5 Handstand bounces (tramp)	4. dismount and land	5x under bar swings	
GOLD STAR 2	Handspring to 1 to 2 feet	Handspring 1/2 off (table)	Swings to horizontal in gloves and loops	Routine: P-Bars
	Handspring tuck front to land	Handspring 1/2 on, 1/2 off (table)	Cast fly away (s)	1. 1/2 lever 5 secs
	Round off flick straight back	Handspring 1/1 off (table)	cast clear hip circle	2. 3x swings to handstand
	Round off flick, whip, flick	Handspring 1/2 on mats, fall to back	Routine: (skills must be connected)	3. Dismount
	Round off flick straight 1/1	Handspring land on mats, fall to front	1. Upstart	Routine: Beam
	Straight front on foor	flat trampette round off tuck back	2. Cast clear hip circle	1. Mount & dismount of choice
	Handstand 10secs	flat trampette Round off straight	3. Squat on catch high bar	2. carthweel
	Elephant lift to handstand	Straight front 1/1 from trampette	4. Circle up/Long upstart	3. W- jump
	Straddle jump 1/1 turn	Round off from board jump to block	5. Baby giant	4. 1/1 spin
Straight front 1/1 twist to land	Rounf off flick, board to low block	6. Cast stradle undershoot 1/2 turn	5. Backward walkover	

*(S)= With Support