

5 years**6 and 7 years****8 years****9 years****10+ years****FLOOR**

Star jump	Cartwheel	Cartwheel	Cartwheel	Round off
2 x cat leaps	Backward roll to straddle stand	Backward roll to feet	Cartwheel	Arabesque
Forward roll to feet	1/2 twist jump	1/2 twist jump	Arabesque	Forward roll
Arabesque	Chasse cat leap	Forward roll to feet	Forward roll to dish	Cartwheel
Forward roll to straddle sit	Forward roll to pike sit	Forward roll to straddle sit	Roll to arch	Backward roll to straddle
Teddy bear roll	Dish	Teddy bear roll	Front support, press up	Shoulder stand or headstand
Back support	Arch	Shoulder stand, rock to feet	Stand, straddle jump	Bridge or bridge kick out
Rock back in tuck to stand	Front support, jump to stand	Chasse, cat leap	Backward roll	Split jump
2 x chasse	Arabesque	Tuck jump	Chasse split leap	Chasse split leap, cat leap
Cartwheel	Forward roll to feet	Arabesque	Full twist jump	Full twist jump

REBOUND

(using powerpod)	(using trampette)	(using trampette)	(using trampette)	(using trampette)
Choose 2 jumps:	Choose 2 jumps:	Choose 2 jumps:	Choose 2 jumps:	Choose 2 jumps:

Straight jump	Straight Jump	Star Jump	Tuck Jump	Tuck Jump
Star jump	Star Jump	Tuck Jump		
Tuck jump	Tuck Jump			
Straddle Jump	Straddle Jump	Straddle Jump	Straddle Jump	Straddle Jump
Pike Jump	Pike Jump	Pike Jump	Pike Jump	Pike jump
	Half Twist Jump	Half Twist Jump	Half Twist Jump	Half Twist Jump
	Full Twist Jump	Full Twist Jump	Full Twist Jump	Full Twist Jump
	Dive forward roll	Dive forward roll	Dive forward roll	Dive forward roll
		Front somi	Front somi	Front somi

Green skills are worth 7 points, yellow skills are worth 8 points and red skills are worth 10 points. Your coach will discuss which 2 skills would be best for you to compete and therefore gain the most marks. Please note it is unwise for you to compete a skill that has not been perfected yet.