Age 4 Yrs

Fwd Roll

Straight Jump Tuck Jump

Fwd Roll Into Straddle Sit

Japana

1 x Teddy Bear Roll

Rock to Stand

Flamingo Balance

Cartwheel

Age 5 / 6

Forward roll

Straight jump tuck jump

Forward roll into straddle sit

Japana

1 x Teddy bear roll

Legs together push to bridge (3 secs)

Legs together rock to stand

Arabesque (3 Secs)

Side Chasse x2 L/R

Cartwheel

Bunny Hop / Handstand 2 secs (0.2 bonus)

Age 7 / 8

Forward roll into tuck jump

Forward roll into star jump

Bend to squat shoulder stand (3secs)

Straddle

2 x teddy bear rolls

Japana (3 Secs)

Legs together push to bridge

Rock to stand

Arabesque ( 3 secs)

Chasse into Catleap

Cartwheel x 2

Handstand (2 secs)

Age 9 / 10

Forward roll into Tuck jump

Forward Roll to straddle sit

2 x teddy bear rolls

Lay flat Dish to Arch

Front support 2 x press up

Jump to Squat

Chasse into 1 handed cartwheel

Star Jump 1/1 turn jump

Handstand fwd roll

Handstand 2 secs

Run to round off straight jump.

Age 11 +

Handstand forward roll

Cartwheel

Chasse into scissor kick

1/1 spin

Round off into 1 handed cartwheel

Arabesque / Y balance

Forward roll to straddle stand

Sit in straddle Japana (3 secs)

Swing legs round to front support

2 x press ups

Jump to squat

W Jump

Handstand 2 secs