

	<b>Red</b>	<b>Orange</b>	<b>Yellow</b>	<b>Green</b>
<b>Floor</b>	Shapes: Know the name and position- star, tuck, pike, straddle, straight	Shapes: Know the name and position - dish and arch	Roll from dish - arch - dish	Circle roll with arms parallel to legs
	Shapes: Know the name and position- front and back support	Rock back and sit up in tuck shape	Rock back and forwards in tuck to stand with no hands	Rock back and forwards in straddle to stand using hands between legs
	Rock back and sit up in pike and straddle	Roll from front support through side to back support	Forwards roll from straddle stand into pike, tuck and straddle sit	Forward roll
	Leap from one foot to the other (over foam/ rope)	Front support, press up and lower with control	½ turn jump with good landing	Bench - front support walks (hands on floor)
	From tip-toe stretch, fall and lunge	Show correct hand position for bridge and backwards roll in lying tucked position	Bench - straddle bunny jumps transferring weight from side to side	Bench - cartwheel sideways over end with straight legs
	Egg roll in tuck shape	High bunny jumps along floor Straight, tuck and star jump with good landing	Piked V-sit with hand support Circle roll prep - sitting in straddle, lie down onto one shoulder with leg in the air and then sit back up	Shoulderstand with hand support Japana to 45° or pike sit holding toes with straight legs Chase forwards and sideways
<b>Vault</b>	Good landing position	Jump off vault to show good landing position	Tuck jump off vault to show good landing position	½ turn jump off vault to show good landing position
	Jump in and out of a hoop - forwards, sideways, backwards with various combinations of foot patterns	Run and jump into a hoop to rebound into a second hoop with good landing	Run and jump onto springboard, rebound and show good landing	Run and jump to squat onto block
	Bunny jumps with feet and knees together along floor	Hands on tumble, jump feet onto tumble	Front support with hands on tumble, jump feet onto tumble (or box top) feet together	Run and jump to straddle onto block
		Straddle bunny jumps - legs straight	Front support with hands on tumble, jump feet onto tumble (or box top) in straddle Light support – squat and straddle onto block	From bench - step off to bounce on springboard to good landing position showing full circle arm swing
<b>A-bar/ P-bars</b>	Hang in shapes: tuck, star, straight	Hang in shapes: pike and straddle	x3 90° leg lifts	Jump into 3sec chin up hold, chin above bar
	Hold a front support shape on floor bar	From a crouch position with hands on floor bar, squat on	From front support with hands on floor bar, squat on	From hanging over bar (hips on bar) push up to front support- coach holds legs in position
	From hanging drop from low bar (or high bar if older) to show good landing	Travel sideways across a single bar where feet cannot reach the floor	Travel across p-bars hanging with one hand on each bar	From front support with hands on floor bar, straddle on to fall back and sit in straddle shape still holding bar
			Monkey swings across a single bar where feet cannot reach the floor	Fish swings -hanging dish/arch/dish/re-grip x3minimum
		Hang in dish and arch shapes x3 supported re-grips	30sec hang on bar	
<b>Beam</b>	Walk forwards on tip toes - floor beam	Walk forwards along floor beam and full turn in the middle	Walk backwards along floor beam and full turn in the middle	½ turns on toes on medium beam
	Walk forwards/ side/ back along medium beam with help	Walk backwards along floor beam	Walk backwards along medium beam	From tip-toe stretch, crouch to touch beam, return to stretch
	Jump off end of high/medium beam to show good landing	Walk forwards and sideways along medium beam unaided	Pike and straddle jumps off end of high/medium beam to show good landing	Walking on tip-toes along medium beam
	Jump off side of medium beam to land safely (preparation for when they fall)	Tuck and star jumps off end of high/medium beam to show good landing	Arabesque for 3 seconds on high/ medium beam	Basic mount - jump to front support, swing a leg over to star shape
	Walking along medium beam with bean bag on head	Balance on each leg for 3 seconds on high/ medium beam	Bunny jumps along low beam	Straight jump on low beam with good landing

	Blue	Purple	Pink	Rainbow
Floor	Frog balance		Bridge	Splits / Japana
	Headstand against wall	Headstand with bent knees	Headstand with straight legs	Headstand press to handstand with light support/ tucked kick out
	Mini change leg handstand	Forwards roll to straddle stand	Hurdle step, cartwheel to lunge - fast	Hurdle step fast cartwheel to finish in standing dish shape
	Incline handstand from walking feet up the wall	Cartwheel	Handstand from fall and step and back down to finish in stretch	One handed cartwheel
	V sit unsupported	Handstand from walking feet up the wall, walk hands in hold 3 seconds, roll out	Double cartwheel	Hurdle step, roundoff
	Shoulderstand unsupported	Full turning jump	Stag or split leap 150°	Backward roll through handstand
	Backwards roll down a slope to land on feet	Backwards roll	Backwards roll to front support where head leaves the floor before feet land	Bridge kickover from a block
	Chasse, cat leap	One leg handstands with feet on block- must show good shape	Full turning tuck jump or full turning cat leap	Handstand forward roll
Vault	Run and jump to squat onto vault (light support)	Run and jump to squat onto vault (competition height)	Run and jump to squat onto vault (competition height) with arm swing	Squat through
	Run and jump to straddle onto vault (light support)	Run and jump to straddle onto vault (competition height)	Run and jump to straddle onto vault (competition height) with arm swing	Straddle over
	Walk along bench- step off to bounce on springboard to good landing position showing full circle arm swing	Run to bounce on springboard (showing full circle arm swing) to good landing position	Long block- Run and jump to handstand then roll out (light support)	Double long block + mat - handstand flat back
	Long block - Run and jump to roll along	Run, straight jump on springboard to land up on block with straight legs	Two foot take off flat-back on box top to safety mat	
	Run, jump, pushing off hands to land in straddle sit, with hands out in front			
A-bar/ P-bars	Hold front support on bar with good shape x10 seconds	x3 swings under bar in straddle, feet on bar	Beats where hips leave the bar in dish shape x5	Beat into back hip circle showing good body shape, straight arms and fast wrists (supported)
	Circle up from platform	From platform where shoulders are just above bar height - jump to front support and down again with straight arms x5	Chin up to the bar unsupported	Chin up to the bar and circle over with light support
		Hold good shape in supported slow back circle - fast wrists	High swings showing understanding of shapes and re-grip at correct times	High swings showing understanding of shapes and re-grip at correct times into ½ turn
	Forwards circle down	Supported beats where hips leave the bar in dish shape x5	Swing ½ turn to be caught at 90°	Squat on to jump off with light support
	Swings showing understanding of shapes and re-grip at correct times and dismount on back swing	P-bars: Walks - travel half way with straight arms above the bars (shadowed)	P-bars: With straight arms above the bars perform assisted swings with good body shape	From straddle hang with feet on the bar-coach to lift to sit gymnast on shoulder then release to straddle undershoot off bar
Beam	Bunny jumps along medium beam	Skip along low beam	Cartwheel along floor beam	Cartwheel along medium beam with block underneath
	From tip-toe stretch, crouch ½ turn, return to stretch	From tip toes stretch, crouch and sit then lay back, sit up, stand and return to stretch	Forwards roll on floor beam	Forwards roll on medium beam (padding permitted)
	Step kicks forwards along medium beam	Step kicks sideways and backwards along medium beam	½ spin on floor beam	½ spin on medium beam
	Basic mount- as 'green' to swing legs back to put toes on beam and stand	Squat on to medium beam with light support	Squat on to medium beam	Link together a mount, turn, balance, jump, jump off. Perform sequence competently as if in competition
	Straight jump on medium beam with good landing	Tuck jump on medium beam with good landing	Half or straddle lever with feet above beam	Y-scale for 3 seconds on medium beam
	Tuck jump on floor beam	Hands on hips, stand on one leg on tip toes		