

NAME:

RED	Date started: / /	
Floor	Shapes: Know the name and position- star, tuck, pike, straddle, straight	
	Shapes: Know the name and position- front and back support	
	Rock back and sit up in pike and straddle	
	Leap from one foot to the other (over foam/ rope/ small mat)	
	From tip-toe stretch, fall and lunge	
	Egg roll in tuck shape	
	Vault	Good landing position
		Jump in and out of a hoop- forwards, sideways, backwards with various combinations of foot patterns
Bunny jumps with feet and knees together along floor		
A/P bar		Hang in shapes: tuck, star, straight
	Hold a front support shape on floor bar	
Beam	From hanging drop from low bar (or high bar if older) to show good landing	
	Walk forwards on tip toes – floor beam	
	Walk forwards/ side/ back along medium beam with help	
	Jump off end of high/medium beam to show good landing	
	Jump off side of medium beam to land safely (preparation for when they fall)	
	Walking along medium beam with bean bag on head with help	
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ORANGE	Date started: / /	
Floor	Shapes: Know the name and position- dish and arch	
	Rock back and sit up in tuck shape	
	Roll from front support through side to back support	
	Front and back support, press up and lower with control	
	Show correct hand position for bridge and backwards roll in lying tucked position	
	Vault	Jump off vault to show good landing position
		Run and jump into a hoop to rebound into a second hoop with good landing
A/P bar	Hands on tumble, jump feet onto tumble (or box top)	
	Straddle bunny jumps- legs straight	
	Hang in shapes: pike and straddle	
Beam	From a crouch position with hands on floor bar, squat on	
	Travel sideways across a single bar where feet cannot reach the floor	
	Walk forwards along floor beam and full turn in the middle	
	Walk forwards and sideways along medium beam unaided	
Completed: / /	Slip Given By	

YELLOW	Date started: / /
Floor	Roll from dish – arch - dish
	Rock back and forwards in tuck to stand with no hands
	Forwards roll from straddle stand into pike, tuck and straddle sit
	High bunny jumps
	Bench- straddle bunny jumps transferring weight from side to side
	Piked V-sit with hand support
	Vault
Run and jump onto springboard, rebound and show good landing	
Front support with hands on tumble, jump feet onto tumble (or box top) feet together	
Front support with hands on tumble, jump feet onto tumble (or box top) in straddle	
A/P bar	3x 90° leg lifts
	From front support with hands on floor bar, squat on
	Travel across p-bars hanging with one hand on each bar
	Monkey swings across a single bar where feet cannot reach the floor
	Hang in dish and arch shapes
Beam	Hanging hand-jumps across bar
	Walk backwards along floor beam and full turn in the middle
	Walk backwards along medium beam unaided
	Pike and straddle jumps off end of high/medium beam to show good landing
	Arabesque for 3 seconds on high/ medium beam
	Bunny jumps along low beam
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GREEN	Date started: / /
Floor	Circle roll holding legs
	Rock back and forwards in straddle to stand using hands between legs
	Forwards roll from straddle stand to stand with feet together
	Bench- front support walks
	Bench- cartwheel over end with straight legs
	Shoulderstand with hand support
	Japana to 45° or pike sit holding toes with straight legs
	Vault
Run and jump to squat onto block	
Run and jump to straddle onto block	
A/P bar	From bench or tumble edge- step off to bounce on springboard to good landing position showing full circle arm swing
	3x chin ups with light support
	From hanging over bar (hips on bar) push up to front support- coach holds legs in position
	From front support with hands on floor bar, straddle on to fall back and sit in straddle shape still holding bar
	Fish swings -hanging dish/arch/dish/re-grip x3minimum
Beam	½ turns on toes on medium beam
	From tip-toe stretch, crouch to touch beam, return to stretch
	Walking on tip-toes along medium beam
	Basic mount- jump to front support, swing a leg over to star shape
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BLUE	Date started: / /
Floor	Circle roll with arms parallel to legs
	Frog balance
	Forwards roll
	Mini change leg handstand
	Incline handstand from walking feet up the wall
	Shoulderstand unsupported
	Backwards roll down a slope
	Chasse steps with arm swing
Vault	Run and jump to squat onto vault (light support)
	Run and jump to straddle onto vault (light support)
	Walk along bench- step off to bounce on springboard to good landing position showing full circle arm swing
	Long block- Run and jump to squat on then roll along
	Hold front support on bar with good shape x10 seconds
A/P bar	Upside down front support showing good shape (assisted)
	Supported swings showing understanding of shapes and re-grip at correct times
	Forwards circle down
Beam	Bunny jumps along medium beam
	From tip-toe stretch, crouch ½ turn, return to stretch
	Step kicks forwards along medium beam
	Basic mount(- as on green level) to swing legs back to put toes on beam and stretch
	Straight jump on medium beam with good landing
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PURPLE	Date started: / /
Floor	Circle roll back to back with a partner
	Headstand with bent knees
	Forwards roll to straddle stand
	Cartwheel side to side
	Handstand from walking feet up the wall, walk hands in hold 3 seconds, roll out (roll out may be assisted)
	Full turning jump
	Backwards roll
	One leg handstands with feet on block- must show good shape
	Run and jump to squat onto vault (competition height)
	Run and jump to straddle onto vault (competition height)
Vault	Run to bounce on springboard to good landing position showing full circle arm swing
	Long block- Run and jump to roll along
	From platform where shoulders are just above bar height- jump to front support and down again with straight arms x5
	Hold good shape in supported slow back circle- fast wrists
	Swings showing understanding of shapes and re-grip at correct times and dismount on back swing
A/P bar	P-bars: Walks- travel half way with straight arms above the bars (shadowed)
	Skip along low beam
	From tip-toe stretch, crouch and sit then lay back, sit up, stand and return to stretch
	Step kicks sideways and backwards along medium beam
Beam	Squat on to medium beam with light support
	Tuck jump on medium beam with good landing
	Step kicks sideways and backwards along medium beam
	Squat on to medium beam with light support
	Tuck jump on medium beam with good landing
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PINK	Date started: / /
Floor	Bridge
	Headstand
	Hurdle step
	Cartwheel ¼ turn in- fast
	Handstand from walking feet up the wall, walk hands in hold 3 seconds, roll out
	Stag or split leap
	Backwards roll to front support where head leaves the floor before feet land
	Handstand from fall and step against wall mat. With coach show understanding of safe exit
	Run and jump to squat onto vault (competition height) with arm swing
	Run and jump to straddle onto vault (competition height) with arm swing
Vault	Leap frogs over each other or mushroom or similar
	Long block- Run and jump to tuck up to handstand then roll out (light support)
	Two foot take off flat-back on box top to safety mat
	Beats where hips leave the bar in dish shape x5
	Chin up to the bar unsupported
A/P bar	High swings showing understanding of shapes and re-grip at correct times
	Swing ½ turn to be caught at 90°
	P-bars: With straight arms above the bars perform assisted swings with good body shape
	Cartwheel along floor beam
Beam	Forwards roll either alone on floor beam or light support on medium beam (padding permitted)
	½ spin on floor beam
	Squat on to medium beam
	Half or straddle lever with feet above beam
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RAINBOW	Date started: / /
Floor	Splits
	Headstand press to handstand
	Hurdle step fast cartwheel to finish in standing dish shape
	One handed cartwheel
	Handstand from walking feet up the wall, walk hands in, kick away to show handstand and roll out
	Full turning tuck jump or full turning cat leap
	Bridge kick-over from a block
	Handstand from fall and step and back down to finish in stretch
	Squat through
	Straddle over
Vault	Cat spring (leap frog) off long vault or block on it's side
	Double long block +mat- Flat back with light support
	Beat into back hip circle showing good body shape, straight arms and fast wrists (supported)
	Chin up to the bar and circle over with light support
A/P bar	High swings showing understanding of shapes and re-grip at correct times into ½ turn
	Squat on to jump off with light support
	From straddle hang with feet on the bar- coach to lift to then release to straddle undershoot
	Cartwheel along medium beam with block underneath
	Forwards roll on medium beam (padding permitted)
Beam	½ spin on medium beam
	Link together a mount, turn, balance, jump, jump off. Perform sequence competently as if in competition.
	Arabesque on tip-toe or Y-scale for 3 seconds on medium beam
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