Beginner Level 1

Running on the spot	Jumping up and down on the spot	Following instructions	Front and back support hold 5 secs	Tuck, straddle and pike shapes
Dish hold (tuck/short) 5 secs	Straight hang on high bar 5 secs	Tuck hold on rings 3 secs	Climb through hoop forwards and backwards	Walk on beam with some support

Beginner Level 2

Fast Running between two spots	Jump a distance	Forward Roll - with little to no support	Log Roll	Tuck/straddle onto block on own
Safe landing from height	Jump over block with 2 feet together	Tiptoe walks on any beam	Straddle hold on rings	Circle down with support

Beginner Level 3

Arch hold 5 secs	Hopping	Beanbags into hoop	Backward roll with support (understanding)	Handstand shape against wall
Tuck/straddle on vault (little support)	Walk across beam - unsupported	Touch toes on beam	Circle up on low bar with support	Monkey walks on bar - feet on blocks on low bar

Intermediate Level 1

Basic shapes – straight, star, tuck, pike and straddle – **Must know** these shapes	Chasse steps forwards and sideways	Front and back support (**Must know** these shapes)	Touch the floor in a straddle stand (must have straight legs)	Straight jump on floor to landing on floor (with arm-swing)
Travelling bunny hops	Walk forwards, sideways and backwards along a floor beam	Balance on one foot on the floor (no wobbling) hold for 3 secs each leg	Hanging in straight, tuck and pike shapes (straight arms) 2 secs hold	Travelling sideways (shimmy not monkey) - in hang on high bar

Intermediate Level 2

High Bunny jump in tuck	Crouch down, Rock b'wards and f'wards in tuck and pike to stand (tuck legs to stand)	Shoulder stand with hands on hips	Dish and Arch Shape hold for 5 secs	Run and stretch jump off spring board (with arm swing)
Hopscotch with alternating hopping leg	Walk forwards and sideways on a high beam without support	1 foot balance on box top or bench Each leg and no wobbling (3 secs hold)	1 chin up (halfway) 1 leg lift to 90°	Holding in front support on single bar

Intermediate Level 3

Bridge Hold (not perfect - head off floor) 10 secs hold	Backwards roll to Straddle down incline	Cat Leap	Touch toes standing in pike	Squat and Straddle on to small block and straight jump off to land
Kick Backs x5 on Springboard (Legs/feet to 45°)	Stretch Jump on Floor Beam	(Girls) Front Support mount high beam (Boys) Back support turn to front support, 1 pushup	Circle up with minimal support	Hang Upside Down on bar (with or without support from coach) from front support

Intermediate Level 4

Side to Side Cartwheel with coach support (hands can be on a block)	Handstand basics: Step into H'Stand and front support with feet raised	Forward Roll to stretch stand on floor	Low lunges with both legs, forwards and sideways	Squat on stretch jump off vault on own (coach shadow)
Be able to skip with rope x 10 without pausing and feet together	Balance with one leg raised forwards and arabesque on floor beam	(Girls) Stretch jump on high beam (Boys) Side scale on floor	Dish and Arch hops on high bar (Fish Swings)	Circle down without support. Chin up finish

Advanced Level 1

Forward Roll immediate Star Jump	Shoulder stand with arms above head	Preps for pike and straddle lever (push bottom off floor, lift legs off floor and hold)	Good Bridge on own (Feet together, legs and arms straight, shoulders almost over hands)	Straddle on vault immediate stretch jump off On own
Basic jumps off trampette – Stretch, tuck, star jump	Half turn (pivot turn) on toes	Dip walks with leg lift on high beam, with beanbag on head	Casting (hips must leave the bar)	Circle up on own (coach to shadow)

Advanced Level 2

Front in back out Cartwheel	Backward roll on floor (to Straddle, tuck and front support)	Handstand against wall (tummy to wall) 10 sec hold	Japana and pike fold (Below 45 degrees)	Off Trampet – Pike, Straddle and ½ turn jumps
Bounce toward handstand (above horizontal) with trampette with coach*	(Girls) Arabesque and forwards leg balance on High beam (Boys) Swedish Fall on safety mat	(Girls) Chasse Cat Leap on high beam (Boys) Pike and Straddle lever on beam	Trolley Swing on high bar	Chin up hold 2 secs (Chin to bar) Leg lift to at least 45° from Bar)

*arm swing onto trampette immediate bounce

Advanced Level 3

Headstand – tuck or straight	Handstand hold for 1 to 2 secs, looking for good shape	Pike or straddle Lever hold for 5 secs	Bridge Hops x 5 hands and feet	Straddle over vault (wooden vault) on own
Underarm handstand, fall to flatback with straight body and straight arms	Front to back Cartwheel/ro undoff off the end of beam	(Girls) ½ spin (any beam including floor beam) (Boys) Stretch and Tuck Jump on floor beam	Back hip circle with support	Good casts x 3 and cast to dismount

Advanced Level 4

Handstand forward roll - From step and from tuck up to handstand	Round Off	Backward Roll to handstand	Splits - front or box	Handstand flatback on vault from springboard with coach
Full turn jump from standing	Cartwheel on floor beam (boys can be on a line)	Handstand on floor beam	Cast Back hip circle	Straddle Undershoot on low bar