

Pluto

Shapes of tuck, pike, straddle and stretch	Lay down and show correct hand position for bridge	Forward roll down an incline	Stand and roll back to show hand position for backward roll	Hang in tuck	Walk forwards on toes with beanbag, stretch jump dismount	Stretch jump from standing on a springboard	Good landing position from a low platform	Step, jump, jump with hoops	Bunny hops with feet and knees together
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Mercury

Shapes of front support, back support, pointed and flexed toes	Bridge (head off the floor)	Forwards roll to stand down hill	Backwards roll down an incline	Skipping with no rope	Jump to chin up and hold	Walk backwards on toes with beanbag	Run, step, jump off springboard or trampette	Stretch jump of low platform	Squat on low platform from stand
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Saturn

Shapes of dish and arch	Bridge Walking 5 Steps	Forward roll to stand	Backward roll to stand/straddle stand	Handstand prep	Front support hold	Squat on, walk on toes, tuck jump off	Run, tuck jump or star jump off springboard or trampette	Squat on, stand, stretch jump off normal vault	Bunny hops over bench
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Neptune

Dish to arch roll (arms off floor)	Walk down the wall into bridge	Forward roll to straddle stand	Backward roll to front support	Small kick to handstand	Circle down with straight legs and chin above bar	Cartwheel over bench	Jump half turn off springboard or trampette	Squat on immediate stretch jump off normal vault	Straddle on low platform
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Jupiter

Burpees x5	Drop back on floor	Kickout off platform	Cartwheel	Clip handstand	Candle stick	Walk on toes and pivot	Run and stretch jump off with arms swing on springboard or trampette	Straddle on normal vault	Catspring off bench
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Mars

Press ups x5	Bridge kickout	Handstand to bridge onto platform	Kick to handstand kick down to stretch	1 handed cartwheel	Correct splits position	Circle up	Roundoff off bench	Squat on catspring off normal vault	Squat on, immediate stretch jump off with arm swing on normal vault
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Earth

Sit ups x5 with a partner	Handstand to bridge on floor	Walking up the wall to stand from bridge	Backwalkover	Roundoff rebound	Handstand against the wall	2 good shaped casts	Cat leap on bench	Squat through/Straddle over	Handstand hop
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Moon

5x vsits	1st half of valdez	Handstand to bridge and stand	Flick over air roll	Dive cartwheel	Split leap	1 cast back hip circle	1/2 spin on bench	Cartwheel	Kick to handstand, land in dish on one crash
Sun									
Straddle/Pike lever hold	Valdez	Front walkover	Flick with support (good technique)	Y-balance	Swing in straddle to undershoot	Backwalkover	Handstand hold	Handspring flatback on block	Squat on, handspring off
Star									
Straddle russian lever	1 arm backwalkover	1 arm frontwalkover	Flick	Handstand full turn	Straddle undershoot	Y-balance	Front walkover	Handspring over with support	Half on to tummy
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Pike russian lever	Back chest roll	Front chest roll	Korbut flick	Handstand walking 5 steps	Handspring from springboard	Pike undershoot	Y-balance on scale	Roundoff	Half on