

## Level 1

	<b>Floor</b>		execution out of 5	<b>Vault</b>	tariff	execution out of 10
1	Forward roll to stand - with or without slope	0.5		drop down straight jump (springboard & blocks)	0.5	
2	3 x bunny jumps travelling	0.5		run up straight jump (springboard & blocks)	0.5	
3	forward roll to show tuck shape (hold for 3 secs)	0.5		run up straight jump	0.5	
4	straddle sit (hold for 3 secs)	0.5		run up stretch jump on & off 2 low level blocks	0.8	
5	circle roll 360 degrees - show pike shape at the end	0.5		squat on/straddle on straight jump off minimum 3 high blocks	1.0	
6	Back support (hold 3 secs) lie in straight shape log roll to tummy	0.5				
7	push up to front support (hold for 3 secs) jump into squat and show straight shape	0.5		<b>Trampette</b>		
	<b>Squat onto bench</b>	0.5		Drop down straight jump	0.5	
8	3 bunny jumps along bench	0.5				
9	one leg balance (stork balance) (hold for 3 secs)	0.5				
10	walk to end of bench on tip toes straight jump dismount - hold landing for 3 secs	0.5				
				<b>All landings to be held for 3 seconds</b>		