

	Entry level floor routine
1	1 leg balance (free leg bent)
2	3 x travelling bunny jumps
3	forward roll to stand in straight shape
4	forward roll to sit in tuck
5	show straddle shape - circle roll 360 degrees
6	show pike - back support shape (hold 3 secs)
	lie in straight shape log roll on to tummy (transition only)
7	front support
8	jump to squat stand in straight shape
9	straight jump
10	star jump

	Level 1 floor routine
1	one leg balance (free leg must be straight)
2	forward roll straight jump
3	forward roll straddle sit
4	circle roll 360 degrees
5	V sit hands on floor (hold for 3 second, return to tuck shape)
6	shoulder stand (hold for 3 seconds, return to tuck shape)
7	show pike sit, back support turn to front support jump in to squat
	rock back to stand (backward roll prep) not classed as a move
8	Elbow balance OR tuck top planche (hold 3 seconds)
9	straight jump 1/2 turn
10	cartwheel (side to side or front to back)