

	Aerobic	Strength	Flexibility	Balance	Floor
Green	30 seconds each 1. Rope skip 2. Squat jumps 3. 4 x sprint (1 length of mats each time)	Reverse handstand 5 seconds against wall/block to L shape	Bridge - head off floor	Elbow balance/ tuck top planche	Backward roll with straight arms with tuck or straight legs
	Vault	Beam	Bars	Floor 2	Jumps/leaps
Green	squat/straddle over	Straddle lever mount/straddle jump off	swing with re grasp x 5	Fall step handstand to 9oClock	Catleap