

	Aerobic	Strength	Flexibility	Balance	Floor
Orange	20 seconds each 1. Running on the spot 2. Jumping jacks 3. Rebound jumps	Bent leg dish & arch, hold each shape 5 seconds	45 degree straddle fold - against wall	One legged balance - front, side & back (straight leg) both sides	Forward roll to tuck

	Vault	Beam	Bars	Floor 2	Jumps/leaps
Orange	Run and straight jump on springboard	walking forwards, backwards & sideways. Star jump off to held landing shape	Shape hold for 5 seconds > stretch > star > tuck > pike > straddle	Circle roll	Jumps with arm swing & held landing > stretch > star >tuck