

| | Aerobic | Strength | Flexibility | Balance | Floor |
|-----|--|----------------------|-----------------------------------|--|----------------------------|
| Red | 10 seconds each 1. Running on the spot 2. Elephant jumps 3. Rebound jumps | Plank hold 5 seconds | Sit in straddle back against wall | One legged balance (working leg bent 90 degrees) hold for 5 seconds both sides | Travelling bunny jumps X 5 |

| | Vault | Beam | Bars | Floor 2 | Jumps/leaps |
|-----|---|---|-------------------------------------|------------------------|--|
| Red | Run and jump on springboard using bench | walking forwards, straight jump off to held landing shape | hanging in straight shape 5 seconds | rock backs in tuck x 5 | Shapes > stretch > star > squat >tuck > pike > straddle > landing shape |