

# Reception and Year 1

## Floor:

1. Stalk balance (Hold for 3 secs)
2. Fwd roll to sit in straddle
3. Teddy bear roll x2
4. Join feet, Rock to stand
5. Straight Jump
6. Star Jump
7. Walk on tip toes to a block)
8. Piked Headstand with feet on a block (Hold)

## Beam:

1. Straddle on
2. Walk fwds
3. Straight jump
4. Toe turn
5. Walk bwds
6. Crane balance
7. Star jump off

## KGA Summer Invitational

## P-Bars:

1. Tuck hang (Hold)
2. Jump to support
3. Tuck lever (Hold)
4. Walk in crab to the middle
5. 3x Swings dismount at the back

## Bars:

1. Tuck hang under the bar (Hold)
2. Jump to support from a block
3. Hold support for 3 secs
4. 2x Casts
5. Dismount to a block