

Year 2 & 3

Floor:

1. Fwd roll to straddle stand
2. Straight Jump
3. ½ turn jump
4. Push to bridge (Hold)
5. Back Support
6. Front Support
7. Tucked Headstand
8. Cartwheel or 1 handed cartwheel

BONUS:

-Straight Leg Headstand (0.3 Bonus)

Beam:

1. Squat on
2. Kicks fwd
3. Tuck jump
4. ½ spin
5. Kick to handstand (switch legs)
6. Walk bwds
7. Arabesque or Y Scale
8. Straddle Jump

KGA Summer Invitational

P-Bars:

1. Straddle hang (Hold)
2. Jump to support
3. Tuck lever (Hold)
4. Swing legs up at the back
5. Walk in front support to the middle
6. 3x Swings dismount between the bars

Bars:

1. Jump to support from a small block
2. Hold support for 3 secs
3. 2x Casts
4. Circle fwds to tuck hang hold
5. Coach lift to high bar 3x fish swings
6. Dismount to land