

Level A

Vault:

- Fast Run
- Jump down from block, stick
- Three jumps to forward roll down cheese
- Handstand (belly against cheese)
- Run, jump (straight, tuck, straddle) to feet on eight-inch
- Run, jump on springboard, forward roll down cheese
- Run, jump straight to feet onto trapezoid or resi
- Run, punch, squat/straddle onto trapezoid or resi
- 3 jumps on board arms by ears

Bars:

- Cast technique, short shoulders, straight arms
- Castaway dismount
- Hanging positions (straight, tuck, pike)
- Pullover (spotted or with block)
- Forward roll dismount spotted
- Chin hang
- Straddle swing (shooting star)
- Hands on bar, jump glide swing
- Monkey up on the floor bar

Beam:

- Walks (forward, side, backward low beam is ok)
- Flamingo walks
- Forward kicks
- 2 foot bunny hop
- Jumps off high beam (straight, tuck, straddle, pike)
- Ice cream scoops
- Kitty car crawls
- Beam slaps
- Arabesque
- Lunge T handstand lunge
- Toe raises

Level A

Floor:

- Forward straddle roll
- Forward roll to stand
- Backward roll down cheese land on feet
- Bridge position
- Lever hop
- Chasse (forward, side)
- Cartwheel (start and finish in lunge)
- Leaps (land in arabesque)
- Turn prep (correct arms)

Tumble Track:

- Straight jumps
- Tuck jumps
- Straddle jumps
- Pike jumps
- Spin jumps
- Ski jumps
- Backward straight, tuck, straddle, spin, and ski
- Forward rolls
- Run forward roll on to blue mat
- Cartwheels
- Free choice (no flips)

Tramp:

- Give each kid 10 jumps
- Straight jumps
- Tuck jumps
- Straddle jumps
- Seat drops (Hands right by bottom, give the tramp a high five)
- Free jumps 10-15 secs

Foam pit:

- (NO flips or forward rolls) Kids should be jumping to their bottoms
- Kids stand backward with arms by ears and fall in keeping their arms by their ears

Level A

Vault:

- 2 passes of sprinting
- 2 passes of straight jumps land in hula hoop
- 2 passes of straddle jumps land in hula hoop
- Squat on to trapezoid
- 3 jumps on springboard
- Jump off mat and stick
- Dive roll down cheese
- Jump off block, stick

Bars:

- Jump to front support with straight arms to 3 cast with short shoulders
- Pull over with spot or block
- Forward roll dismount with bean bag in between feet
- Tuck, straddle, pike hold on higher bar
- Cast shape with yoga ball
- Leg lifts with floor bar (lay on back, straight arms, toes to bar)

Beam:

- Forward, backward, and sideway walks (releve' on the way back if they can)
- Bunny hops
- Developpe walks
- T-handstand
- Forward kicks, backward kicks
- Cat/bear crawl
- Tuck jump and straddle dismounts

Floor:

- Forward rolls
- Forward roll to stand
- Forward straddle rolls
- Backward roll down cheese land on feet
- Backward straddle roll down cheese
- Bridge position
- Lever hops

Level A

- Cartwheels
- Chasse (forward, side)
- Cartwheel (start and finish in lunge)
- Leaps (land in arabesque)

Tumble Track:

- Straight jumps
- Tuck jumps
- Straddle jumps
- Pike jumps
- Spin jumps
- Ski jumps
- Backward straight, tuck, straddle, spin, and ski
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