

Level B

Vault:

- Run, punch, squat onto resi or trapezoid
- Run, punch, straddle on resi or trapezoid
- Run, punch straight jump onto trapezoid
- Dive roll from board down cheese
- Spotted dive roll on resi or trapezoids
- Three bounce handstand (spotted)
- Handstand against cheese (belly against cheese)

Bars:

- 3 casts hips off bars, straight arms
- Pullover from block
- Forward roll dismount to chin hold
- Stand on block, one foot on bar, jump to shooting star dismount
- Hands on bar, jump glide swing
- Monkey up on knee high bar
- Swing with regrasp in back

Beam:

- Releve walks (forward, side, back)
- Pivot turn in releve'
- Arabesque / scale
- Lever to T, lunge out
- Bear crawls
- Inchworms
- Straight jumps
- Jumps off high beam (tuck, straddle, pick)
- Forward roll (wide beam spotted)
- Straddle / pike press hold

Floor:

- Forward roll to stand (no hands when they stand up)
- Forward straddle rolls
- Bridge (can try on 1 leg)
- Backbend up cheese
- Backward roll, from stand to feet

Level B

- Lunge, lever, handstand, lunge finish
- Lunge, cartwheel, lunge
- Chasse'
- Turn prep
- ½ turn
- Leap up mat
- 2 jump connection

Tramp:

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

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

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)

Level B

Vault:

- 2 passes of sprinting
- 2 passes of straight jumps land in hula hoop
- 3 passes of straight jump up trapezoids
- 3 passes of straddle on up trapezoids
- Run dive roll down cheese
- 10 high knees with foam ball
- Handstand against wall

Bars:

- Pull over with block
- 3 casts to cast away dismount land on target
- Sloth pull ups
- Glide swing kick over foam roller (hands start on bar hiding ears, jump to in a pike, fully extend hips to knock over roller)
- Hollow rocks with white bar
- In- n-outs with ab roller (keeping flat hips)
- Tap swings on high bar

Beam:

- Releve' walks in all directions
- Straight jumps
- 3 steps forward then pivot turn 3 steps backwards pivot turn
- Kicks in all directions
- Arabesque hold step arabesque hold
- Lunge, lever, hands on beam, straight leg
- Jump dismounts to stick
- Pivot turns with ball above head
- Leap over target dot

Floor:

- Forward roll to straight jump
- Chasse'
- Cartwheel over panel mat
- 3 skips then cartwheel
- Handstands land in lunge
- Step leap land in arabesque

Level B

- Arch hold
- Hollow hold
- Straight jump, tuck jump combo
- Handstand hold (belly against cheese to forward roll)
- Spotted bridge kickover down cheese

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- Straight jumps
- Tuck jumps
- Straddle jumps
- Pike jumps
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- Free jumps 10-15 secs
- Seat drop and turn

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Tumble Track:

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- Backward straight, tuck, straddle, spin, and ski
- Forward rolls
- Run forward roll on to blue mat
- Cartwheels
- Free choice (no flips)