

<b>Pre level 1</b>	<b>Level 1</b> <b>Up to 2 hours</b>	<b>Level 2</b> <b>Up to 2 hours</b>
One leg balance (H)		
Forward roll	One leg Balance (H)	One leg Balance (H)
Tuck or star jump	Forward roll	Forward roll
3 travelling steps	Tuck or Star Jump	Tuck or Star Jump
½ turn jump	Three traveling steps	Three traveling steps
Tuck roll to straddle sit	Jump ½ turn	Jump ½ turn
Lie back and roll to front	Tuck roll to straddle sit	Tuck roll to straddle sit
Push up to front support	One Dolly roll	One Dolly roll
Lift arm round to rear support	Lie back and roll to front	Lie back and roll to front
Pike sit (H)	Push up to front support (H)	Push up to front support (H)
Rock forwards in tuck to stand up	Lift arm round to rear support	Bunny Hop
	Lower and lift to shoulder stand	Stand up
	Rock forwards in tuck to stand up	Cartwheel

<b>Level 3</b> <b>Up to 4 hours</b>	<b>Level 4</b> <b>Up to 4 hours</b>
Arabesque (H)	Arabesque (H)
Forward roll	Forward roll
Tuck or Star Jump	Tuck or Star Jump
Three traveling steps	Three traveling steps
Jump ½ turn	Three traveling steps
Roll to shoulder stand with hands (H)	Round off
Lower to straddle sit	Cartwheel
One Dolly roll	Backward roll - tuck or straddled exit
Lie back and roll to front	Rock down to back
Push up to front support (H)	Shoulder stand or V sit-both no hands (H)
Headstand (H) - legs optional	Rock in tuck to stand up
Stand up	Jump Full turn
Catleap or Scissor Leap or W Jump	
Cartwheel	

Level 5

Up to 6 hours

Option A or B plus one skill from Extras

Option A	Option B	Extras
Y Scale - leg above waist (H)	Arabesque (H)	Flick to one or two feet*
Handstand Forward roll	Handstand Forward roll	Handspring to on or two feet
Tuck	Tuck	Forward or Back walkover
Star Jump	Star Jump	Backward roll through handstand
Three traveling steps	Three traveling steps	Handstand full pirouette
Round off	Round off	
Cartwheel	Cartwheel	
Backward roll - tuck or straddled exit	Backward roll - tuck or straddled exit	<i>*can be standing or from cartwheel or round off</i>
Rock down to back	Rock down to back	
Shoulder stand or V sit-both no hands (H)	Half lever or Tucked Russian lever	<b>Note</b>
Rock in tuck to stand up	or Tucked Hold (H)	<i>If gymnast needs more space to complete final move, please add more</i>
Jump Full turn	Rock in tuck to stand up	<i>choreographed travelling steps before the final move</i>
	Jump Full turn	