

Floor Routine	Vault
RED	
Present	From a block:
Stretch	
Sit down onto low platform	Straight jump off with 3 second landing shape
Rock backwards and forwards to stand	
Hop travelling forwards twice on one leg then the other	
Stretch	
Crouch 2x high bunny hops on the spot	
Sit back into tuck shape	
Rock backwards and forwards on floor, holding legs	
Show straddle shape then pike shape	
Roll sideways onto hands and knees to stand up	
Straight jump with 3 second landing shape	
Present	
ORANGE	
Present	Springboard:
Jump from straight to star shape	
Forward roll from standing in a star, ending in a straddle shape	Springboard straight jump to landing
Pike shape, tuck shape	
Rocking backwards and forwards showing hand placement for the backwards roll	
Lie back in dish, roll to arch	
Push up to front support, roll to back support	
Sit in tuck, rock back and forward to stand	
Chasse or cat leap	
Tuck and star jumps with 3 second landing shape	
Present	
YELLOW	
Present	Block:
Backward roll down slope	
1/2 tum jump with 3 second landing shape	Squat or straddle on to block from floor
Cartwheel over bench/ low platform	Straight jump off with 3 second landing shape
Crouch to rock back into dish shape	
Combination, hold each position: dish - arch - press to front support - side support - back support- other side- front support	
Jump feet in to stand	
Forward roll - knees together and no hands to stand up	
Half handstand	
Present	
GREEN	
Present	Block:
Forwards roll to straddle stand (off a long narrow platform if flexibility is an issue)	
Jump feet together then step forwards into hoop	Squat or straddle on to block from floor
Hurdle step - stand in 1st hoop, jump to land on 1 leg (with knee up in front) in 2nd hoop, then put that foot down in front of hoop in a lunge	Half turning jump off with 3 second landing shape
Cartwheel attempt (must land on feet)	
Combination linking: tuck jump - star jump - half turn jump with 3 second landing	
Crouch to lie then bridge (3seconds)	
Rock to stand up	
Cat leap 1/2 turn or tuck jump 1/2 turn	
Present	

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BLUE	
Present	Block:
Along a line	
Full turn jump with 3 second landing shape	Squat or straddle onto block, immediate jump to pike sit with arms forward
Cartwheel on line finishing in lunge	Stand up neatly
Bring back foot in to stretch	Half turning jump off with 3 second landing shape
Backward roll - straddle or tucked exit	
Frog balance	
Rock back to lie	
Bridge lifting one leg hold 3 seconds	
Dish to arch, press up and jump feet in	
Chasse cat leap 1/2 turn or chasse jump into 1/2 turn tuck jump	
Handstand	
Present	
PURPLE	
Present	Block:
Handstand forward roll	
Chasse cat leap full turn or full turning tuck jump	Squat or straddle through to sit in pike,
Cartwheel step in feet together	with arms forward
Backward roll to front support	Stand up neatly
Roll to back support, pike shape, rock back and forward to stand	Half turning jump off with 3 second landing shape
Hands together cartwheel (one hand on top of the other)	
Split handstand to bridge on one leg	
Invent a neat & tidy way to stand	
Present	
PINK	
Present	Springboard, 2 blocks & mat:
Double cartwheel	
1 handed cartwheel (back in other direction)	Straight jump from springboard to land on block
Split/ stag leap/ jump to 150	with straight legs during flight
Stretch to crouch	Step into
Headstand	Handstand flatback with flight to land on mat
Invent a neat & tidy way to stand	
Handstand jump	
Roundoff	
Present	
RAINBOW	
Present	Springboard, 2 blocks & mat:
Unaided flick to front support over lemon/ barrel	
Headstand press to front support through as close to handstand as possible	Handstand flatback on to block from springboard
1/2 spin or step turn neatly	
Roundoff rebound into star jump	
Hstand-bridge-stand/ tictoc/ hstand forwards roll straight arms	
Cartwheel, 1 handed cartwheel linked	
Split to 180 jump/ leap or straddle jump where feet lift to hip height	
Present	

Floor Routine	Vault
RAINBOW	
Present	Springboard, 2 blocks & mat:
Unaided flick to front support over lemon/ barrel	
Headstand press to front support through as close to handstand as possible	Handstand flatback on to block from springboard
1/2 spin or step turn neatly	
Roundoff rebound into star jump	
Hstand-bridge-stand/ tictoc/ hstand forwards roll straight arms	
Cartwheel, 1 handed cartwheel linked	
Split to 180 jump/ leap or straddle jump where feet lift to hip height	
Present	
BRONZE	
Present	Springboard & block:
Backwards or forwards walkover	
Backwards roll to handstand	Handspring over block
Roundoff rebound into half turning jump	with or without springboard
Hstand-bridge-stand/ tictoc/ hstand forwards roll straight arms	
Cartwheel, 1 handed cartwheel linked	
Split to 180 jump/ leap or straddle jump where feet lift to hip height	
Present	
SILVER	
Present	Block:
Handspring	
Backwards roll to handstand or forwards/ backwards walkover	Handspring over block (no spring board)
Roundoff rebound into full turning jump	
Hstand-bridge-stand/ tictoc/ hstand forwards roll straight arms	
Cartwheel, 1 handed cartwheel linked	
Split to 180 jump/ leap or straddle jump where feet lift to hip height	
Present	
GOLD	
Present	Vault:
Handspring	
Backwards roll to handstand or forwards/ backwards walkover	Handspring at age height
Round off flick or cartwheel flick	
Hstand-bridge-stand/ tictoc/ hstand forwards roll straight arms	
Free cartwheel/ tuck front	
Split to 180 jump/ leap or straddle jump where feet lift to hip height	
Present	
PLATINUM	
Present	Vault:
Handspring-tuck front or roundoff-tuck back	
Backwards roll to handstand or forwards/ backwards walkover	Handspring at age height
Round off-flick-tuck back	
Hstand-bridge-stand/ tictoc/ hstand forwards roll straight arms	
Free cartwheel or forwards walkover/ tuck front from 1 step (no run)	
Split to 180 jump/ leap or straddle jump where feet lift to hip height	
Present	