

The Incredibles

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



Nemo

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



Simba

Present

Block:

Backward roll down slope

1/2 turn 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



Peter Pan

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 (3 seconds)

Rock to stand up

Cat leap 1/2 turn or tuck jump 1/2 turn

Present



Stitch		
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		



Ursula

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 or Bridge kickover on a raised platform

Invent a neat & tidy way to stand

Present



Piglet

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



	Inside Out	
	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		

