

	Red	Orange	Yellow	Green
Floor	Show hand and foot placement for bridge lying on back		Bridge - lying on low platform with hands on the floor	Bridge
	Walking on hands sideways with feet on bench	Rock backwards and forwards to stand up without using hands		Handstand - back against wall (5 seconds)
	Bunny hop on and off bench sideways	Straddle bunny hops along bench, straight legs and hop from one foot to other (elephant walks)	Cartwheel over bench	Cartwheel mat / catwheel not quite in straight line
	High bunny hops 1 leg bunny hop	Bunny hop over bench		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
	Know the shapes: straight, tuck, star, pike, straddle, landing position	Lean, lunge in hoop/ hands against wall	Half handstand (45 degrees) Handstand with feet on wall (45 degrees)	Handstand with feet on wall (5 seconds), caterpillar walk up and roll out
	Rock backwards and forwards on low platform to stand up without using hands Forward roll down slope - showing tucking head in and standing up not using hands	Know the shapes: dish, arch, front and back support	Change leg handstand (up on one leg, down on the other)	
	Egg roll	Rock backwards and forwards on low platform to straddle stand using hands Forward roll from standing in a star, ending in a tuck/pike/straddle shape	Combination (3sec holds) : dish - arch - press to front support - side support - back support - other side - front support	
	Rock backwards and forwards in tuck on floor, holding legs	Tuck and star jumps with 3 second landing shape	Forward roll - knees together and no hands to stand up	Forwards roll to straddle stand (can be off a long narrow platform if flexibility is an issue)
	Hopping forwards from one foot to the other	Rocking backwards and forwards - practicing hand placement for the backward roll	1/2 turn jump with 3 second landing shape	Combination linking: tuck jump - star jump - half turn jump with 3 second landing
Vault	Hopscotch through hoops	Run, jump into 1st hoop, landing shape in 2nd hoop		
	Straight jump with 3 second landing shape			
	Jump forwards and backwards over line showing landing shape	Jump off block to show good landing		1/2 turn jump off block/vault
	Straddle bunny jumps along floor	Run and jump on springboard (landing shape with arms down), swing arms up into straight jump onto mat	Run and jump onto a springboard, rebound to good landing	
		Squat and straddle onto block from springboard/small platform	Squat and straddle on to block from floor	Supported squat and straddle onto vault
Bars	From hanging from low bar, drop to show landing shape	Dish, drop, landing	Arch, dish, drop, landing	Fish swings x3 (no re-grip) and drop to landing Gymnast to explain why we ALWAYS release on the back swing (unless told otherwise by coach for a specific prep)
	Hanging in basic shapes: straight, tuck and star	Travel sideways from one side of the bar to the other	Good front support shape above low bar	From hanging over bar (hips on bar) push up to front support - coach holds legs in position
		Hanging in basic shapes: straddle, pike, dish and arch	Jump to chin up for 3 seconds - chin not resting on bar	Forwards circle down from low bar to pike sit on block
	Front support, jump in	Burpee - strong shapes Front support shape on floor bar	Squat onto floor bar from tucked crouch position	Cast to land with feet on the block
Beam	Walk along beam, stretch up and put hands on the beam in correct position for forwards roll, stretch up and walk to the end	Bunny hops along the floor beam	Bunny hops along the medium beam	Forwards roll on line on the floor
				Beam: ½ turns on toes on medium beam
		Balance standing on toes (3 seconds)		Balance on toes on one leg (3 seconds)
	Walking on toes on floor beam	Walk along floor beam and full turn in the middle Walk backwards along floor beam	Straight jump on low beam	Tuck jump on low beam
	Forwards walking along medium beam	Sideways walking along medium beam	Balance on one leg - leg in front bent at 90 degrees (3 seconds)	Balance with leg straight in front (3 seconds)
	Straight jump off medium beam to correct landing shape	Tuck jump off medium beam to correct landing shape	Backwards walking along medium beam	Kicks to front along medium beam - straight legs
	Beam: Jump off side of medium beam to land safely (preparation for when they fall)	Backwards straight jump off low beam	Star jump off medium beam to correct landing shape	Straddle jump off medium beam to correct landing shape
	Beam: Walking along medium beam with bean bag on head with help			Beam: Basic mount - jump to front support, swing a leg over to star shape
				Beam: Walking on tip-toes along medium beam

	Blue	Purple	Pink	Rainbow
Floor	Bridge lifting one leg Backbend, to place hands on wall and stand up	Kickover off high block Backbend walking hands down wall	Kickover from low block Back bend on to raised mats	Back bend, kickover
	Split handstand with back foot on block (3 seconds)	Split handstand to bridge on one leg	Stand up from bridge with hands on low block	Handstand to bridge, stand Tictoc
	Cartwheel on line	Hands together cartwheel	1 handed cartwheel Double cartwheel	Flighted cartwheel (dive in and out)
	Roundoff to tummy	Roundoff to knees finishing with body in dish on to mat	Arch handstand, snap down and rebound onto springboard Roundoff	Unaided flick to front support over lemon
	Handstand (kick up and down on the same leg)	Handstand forward roll	Handstand jump	Handspring off block to mat
		Cartwheel step in	Cartwheel step in fall to dish	Cartwheel step in, unsupported flick walkout over lemon
	Frog balance, headstand against wall	Headstand with bent knees	Headstand with straight legs	Headstand press to handstand with light support/ tucked kick out
	Squat onto block, forwards roll	Forwards roll onto block Forward roll off the block to good landing shape	Forwards roll from trampette down slope on block	Tuck front somersault off trampette with minimal support
	Full turn jump (3 second landing)			Trampette snap down, rebound jump onto block
Backward roll - straddle and tucked exit	Backward roll to front support		Jump backwards onto tucked shoulder stand onto height	
Chasse cat leap 1/2 turn or chasse jump into 1/2 turn tuck jump	Chasse cat leap full turn or full turning tuck jump	Split or stag leap to 150	Split to 180 jump/ leap or straddle jump where feet lift to hip height	
Vault	Handstand flatback (floor to mat)	Handstand flatback with flight to land on mat	Handstand flatback on to block	
	From bench - one foot take off, with arm swing to rebound on springboard	Run, rebound on springboard with arm swing	Straight jump from springboard to land on block with straight legs during flight	Forwards roll from springboard to high blocks
	Squat and straddle onto block, immediate jump to pike sit with arms forward	Squat on and straddle onto vault Squat and straddle through to sit on block in pike with arms forward	Squat through and straddle over block	Squat through and straddle over vault
Bars	Keeping feet on platform, from tuck shape under the bar, stand with straight arms to front support position, leaning over bar	Feet on roller or on bench with socks or and slide until body is in full extension (preparation for the float swing)	Stand with feet directly underneath bar, bar at shoulder height and jump up to front support Hands on bar, jump feet to side of block underneath to land in pike shape still holding bar	Float swing for upstart
	Fish swings x3 (re-grip) and drop to landing	Swings - understanding of when to regrip and dish with straight legs - being able to see feet in back swing	High swings with regrip Hanging - change hands to under grip and back to overgrip	High swings with regrip and 1/2 turn Trolley swing
	Chin up circle over from running up slope	Chin up circle over where bar is at chest height to start Supported back hip circle	Jump chin up circle over	Back hip circle with light support with good shapes
	Forwards circle down from low bar to standing			
	x3 swings under bar, in straddle with feet on bar	Swinging on low bar in straddle shape to release over a sideways block to land on the floor	x5 high casts with good body shape	Straddle undershoot from jumping onto low bar from a block
	Squat onto low bar and surf	Squat onto floor bar, catch low bar with straight arms	Squat onto low bar from block	Squat on with support
	P-bars: Walks- travel half way with straight arms above the bars (shadowed)	P-bars: With straight arms above the bars perform assisted swings with good body shape	Cast to drop off at the back on pit bar	
Beam	Lay down in tuck, arms above head and stand back up without using hands on medium beam	Forward roll on floor beam	Forward roll on medium beam with blocks either side	Forward roll on medium beam
	Caterpillar walks along medium beam	Bridge with hands on floor beam	Half backbend to see hands landing on a line on the wall	Backbend with feet either side of floor beam and hands landing on the beam
	Half handstand with feet landing on floor line	Half handstand on floor beam	Split handstand on floor beam with back leg on block Handstand on floor beam against block	Split handstand on low beam Handstand on low beam
	From tip-toe stretch, crouch ½ turn, return to stretch		Cartwheel on floor beam	Cartwheel on medium beam with blocks
	Spin prep	Half spin on floor beam	Half spin on medium beam with blocks	Half spin on medium beam
	Straight jump on medium beam	Tuck jump on medium beam	Cat leap on low beam	Cat leap on medium or high beam
	Arabesque (3 seconds)	Squat onto medium beam		
	Kicks to side along medium beam - straight legs	Skip along floor beam	Y-scale (3 seconds)	Link together a mount, turn, balance, jump, jump off. Perform sequence competently as if in competition
	Pike jump off medium beam to correct landing shape	Kicks to back along medium beam - straight legs	Half or straddle lever with feet above beam	Run to join feet and straight jump off the end
Basic mount- as 'green' to swing legs back to put toes on beam and stand		Roundoff off medium or high beam	Backwards straight jump off medium beam	
		Straddle on to medium beam	Supported handspring off beam	

	Bronze	Silver	Gold	Platinum
Floor	Backwards walkover	Split handstand, back walkover		
	Forwards walkover	High forwards walkover from springboard with hands on panel mat	Free forwards walkover off the end off fast track	Free forwards walkover
	Kneeling flighted short cartwheel over line	Free cartwheel off springboard/fold mat	Free cartwheel on floor	Free cartwheel from step (no run)
	Flick on fast track	Round off flick on fast track Round off flick off long blocks onto mats	Round off flick on floor	Roundoff multiple flics
	Front handspring and flyspring (with rebound) on fast track	Front handspring on tumble Front handspring, flyspring linked on fast track	Handspring, high forwards roll on to block	Handspring tuck front
	Backwards roll to handstand	Cartwheel flick on fast track	Cartwheel flick on floor	Cartwheel flick up onto low block (prep for layout)
	Tuck front off trampette to landing Forward roll off block 1/2 twist to a stuck landing	Tuck front off trampette, half turn jump Straight front to back, roll to front	Tuck somi 1/2 twist out off trampoline in to pit	Tuck 1/2 twist out off trampette
	Trampette snap down, b roll down wedge	Trampette snap down tuck back to mat	Round off tuck back on fast track	Round off tuck back somi Round off flick tuck
Kneeling, jump onto shoulders, b roll down slope	Tuck back off block	Tuck back off low height/springboard with support	Standing tuck back on fast track	
Vault	Handspring over block with support	Handspring over block	Handspring over vault	Handspring to platform, fall to front
	Half on to block to land on tummy on mats	1/2 on over a block	1/2 on to platform- land on feet	1/2 on to platform rotate to back in straight shape Tuck Tsuk into pit from wedges
	Handspring half turn to tummy landing on mat on blocks	1/2 off over block	1/2 on 1/2 off on platform to flat back (must turn different ways) 1/2 on full off to land flatback (turn the same way)	1/2 on, 1/2 off over vault or 1/2 on full off
	Straight jump over block (with springboard) showing correct arm swing a Squat through and straddle over vault showing extended flight on	Tuck front from springboard to mat Full turning jump off a block showing twisting arm action	Tuck front from springboard to land on block Handspring over vault, immediate jump full turn showing twisting arm action	Straight front from springboard to mat Roundoff onto springboard rebound up onto block
Bars	Stand with feet 1 step forward underneath bar, bar at shoulder height and jump up to front support	Swing under bar holding toes to bar x3 3 pike swings and supported second half of upstart	Upstart with light support	Upstart, cast (feet at height of bar)
	Swing into horizontal drop forwards into pit	Back away with support or onto wedge and roll	Back away to pit	Back away to landing (can be in pit on a firm mat)
	Backhip circle	Double back hip circle with light support	Double back hip circle	Clear circle
			Cast to 2 high blocks (45)	Chin up circle over from hang
	Straddle undershoot on low bar	Straddle undershoot to mat in pit	Straddle undershoot from top bar to landing	Cast to 45
	Squat on, straight jump	Block & wedge under high bar, squat on to catch (wedge stops swing)	Squat on, catch top bar (over pit or coach shadow)	Straddle undershoot 1/2 turn from top bar to landing
	Cast to swing under the bar		Baby giant	Sole circle
Beam	Straight jump from springboard on to the end of beam	Forward roll mount with blocks	Forward roll mount	Front somi mount with blocks
	Backwards walkover on floor beam	Backwards walkover on raised medium beam with blocks either side	Backwards walkover on medium beam finishing in both lunge and feet for connection	Backwards walkover on high beam Split handstand, back walkover connection on medium beam
	Split handstand on medium or high beam Handstand on medium or high beam	Forwards walkover on line	Forwards walkover on floor beam	Forwards walkover on medium beam with blocks
	Cartwheel on medium beam	Cartwheel on high beam	Cartwheel, land feet together and jump backwards off beam	Cartwheel tuck back off beam
	Full spin on floor beam	Flick on floor line with correct hand placement	Flick on floor beam with pads and flic up to panel mat with beam pad	Flick on floor beam
	Catleap, straight jump connection on medium beam Straight jump, tuck jump connection on medium beam	Full spin on medium beam with blocks	Full spin on medium beam	
		Split leap to 150	Sissone	Link one leap with 2 jumps of choice, any order on high beam
	Run and jump to forwards roll down high slope (tuck front prep) from floor beam	Standing front somersault with support off high beam	Standing front somersault off high beam	
	Backwards straight jump off high beam			Tuck back off high beam
Handspring dismount from high beam				