

Floor Routine		
Years 3 + 4 Level 1	Years 3 + 4 Level 2	Years 5 + 6 Level 2
	Years 5 + 6 Level 1	
Present	Present	Present
Cross hands	Cross hands	Star Jump into
Star jump	Down to one knee	Double forward roll
Forward roll	Stand, star jump land	Rock and roll to lie flat
4 Skips	Forward roll	Bridge with leg raise
Rock and roll to pike sit	4 leg raises	Rock and roll to pike sit
Back support	Rock and roll to pike sit	Back support
Front support	Pike fold	Front support
Jump to crouch	Back support	Jump to crouch, stand
Stand in star to the side	Front support	Run skip round off
Turn to the front	Jump to crouch, stand	Shoulder stand
Own Finish	Cartwheel	Own finish on the floor
Present	Own Finish	Present
Present	Present	
Vault		
Years 3 + 4 Level 1	Years 3 + 4 Level 2	Years 5 + 6 Level 2
	Years 5 + 6 Level 1	
Spring board + small mat	4 section box (80cm)	4 section box (80cm)
Run and star jump	Squat on star jump off	Through vault or Straddle over