

| School Year | Reception | | |
|--|---|--|---|
| Floor | Beam | Vault | Bars |
| Present (On Spot) | Present (On Spot) | Present (On Spot) | Present (On Spot) |
| T Balance 3" (In Hoop) | Straddle over mount through squat shape to standing | Run jump onto air board, rebound onto 1 section box top (long) | Standing on level slow reverse chin up |
| Forward roll to tuck sit (Down Slope) | Walking to middle of beam | Straight jump off to landing shape | Leg lift toes to bar |
| Japana 3" | Squat down to touch the beam | From air board squat on to 1 section of box top (long) | Tuck hold 3" |
| Rock backwards and forwards to stand | Walking to end of beam | Straight jump off to landing shape | Straddle hold 3" |
| Caterpillar walk to front support 3" Walk feet in to stand | Straight jump off to landing | | Dismount to landing shape |
| X2 Side to side bunny jumps over yellow fold up mat | | | |
| Present | Present | Present | Present |

| School Year | Year 1 | | |
|--|---|---|--|
| Floor | Beam | Vault | Bars |
| Present (On Spot) | Present (On Spot) | Present (On Spot) | Present (On Spot) |
| Arabesque in hoop 3" | Sit Sideways on beam into tuck hold 3" | Run jump onto air board, rebound onto 2 sections box top (long) | Jump to support 3" |
| Forward roll to stand (Down Slope) | Straddle over mount through squat shape to standing | Star jump off to landing shape | Forward circle to chin up |
| Forward roll to pike fold 3" | Tip toe walking to middle of beam | From air board squat on to 2 sections of box top (long) | Slow reverse chin up |
| Shoulder Stand 3" Rock to stand | T balance 3" | Star jump off to landing shape | X2 leg lifts, 1 pike, 1 straddle over |
| Piked handstand 3" (Feet on yellow fold up mat) | Pike fold 3" | | Show dish and arch shape |
| X2 Cartwheel bunny jumps over yellow fold up mat | Tip toe walking to end of beam | | Dismount to landing shape |
| | Star jump dismount to landing shape | | |
| Present | Present | Present | Present |

| School Year | Year 2 | | |
|--|--|--|---|
| Floor | Beam | Vault | Bars |
| Present (On Spot) | Present (On Spot) | Present (On Spot) | Present (On Spot) |
| T balance 3" into Arabesque 3" | Straddle hold 3" | X3 Donkey kicks on 3 sections vault | From fold up mat jump to catch bar swing forward and back to stand |
| Forward roll to stand | Swing legs to squat and stand (bonus if bottom doesn't touch beam) | Run jump onto spring board squat onto 3 sections vault | From red block jump to support cast to land back on red block rebound back to support (hands stay on on bar) |
| Forward roll to straddle lever feet on floor | Dip steps to middle of beam | Tuck jump off to landing shape | Forward circle to hold in candlestick 3" |
| Bridge 3" Rock to squat | Arabesque hold 3" | | Lower to chin up |
| Frog Balance 3" | X3 Giraffe walks | | Slow reverse chin up |
| Cartwheel over small air board (Cartwheel mat) | Dip steps to end of beam | | X2 each dish and arch shape |
| | Tuck jump off to landing shape | | Dismount to landing shape |
| Present | Present | Present | Present |

| School Year | Year 3 | | |
|--|---|--|---|
| Floor | Beam | Vault | Bars |
| Present (On Spot) | Present (On Spot) | Present (On Spot) | Present (On Spot) |
| Straight leg T balance carry round the side to arabesque | Squat on to beam | Handstand against wall with underarm swing | From fold up mat jump to catch bar swing forward and back X2 to land back on level |
| Backward roll down red fold up mat to stand | Sit on beam to pike hold 3", swing leg round to straddle mount | Run jump onto spring board squat onto 4 sections vault | Chin up pullover to support |
| Jump half turn land | Caterpillar walk to front support, walk feet to hands to stand | Half turn jump off into landing shape | X3 layaways |
| Forward roll to straddle stand | Relevé half turn | | Undershoot dismount |
| Lift and lower to kneeling | T balance 3" bend through to arabesque 3" | | |
| Tucked headstand Step out | Walking backwards to end of beam | | |
| Cartwheel front to back | Linking straight jump into half turn jump dismount | | |
| Bridge one leg lifted 3" Rock to stand | | | |
| Present | Present | Present | Present |

| School Year | Year 4 | | |
|--|---|--|---------------------------------------|
| Floor | Beam | Vault | Bars |
| Present (On Spot) | Present (On Spot) | Present (On Spot) | Present (On Spot) |
| Straight leg T balance on one knee carry round the side to arabesque | Squat on to beam stand up | Jump to tummy on top tumbler handstand flat back onto thick red mat with under arm swing | Chin up pullover to support |
| From two knees forwards roll to stand | Kick steps to middle of beam | Run jump onto spring board squat onto 4 sections vault | Cast into back-hip circle |
| Jump half turn rebound star jump land | Caterpillar walk to long front support, walk feet to hands to stand | Cat spring off into landing shape | Forward circle to chin up |
| Backward roll to straddle stand | Double relevé turn | | Slow reverse chin up |
| Lift and lower to kneeling | Straight leg T balance 3" carry round side to arabesque 3" | | Trolley swing over the top of the bar |
| Straight leg headstand Step out | Linking straight jump, into tuck jump (bonus to link into half turn dismount) | | Undershoot to land |
| Cartwheel front to back | Half turn jump dismount (bonus to link to previous jumps) | | |
| X2 Bridge switch leg jumps Rock to stand | | | |
| Present | Present | Present | Present |

| School Year | Year 5+ | | |
|----------------------|---|--|--|
| Floor | Beam | Vault (Choose 2 vaults they can be the same) | Bars (Choose 1 of the three options) |
| Present (On Spot) | Present (On Spot) | Present (On Spot) | Present (On Spot) |
| Balance 3" | Squat on to beam | Run jump onto spring board squat onto 5 sections vault jump off into landing shape | Chin up pullover |
| Roll | Scoop past toes choreography | Run jump onto spring board squat onto 5 sections vault Cat spring off into landing shape | Cast to back hip circle |
| X3 Linked jumps | Handstand kick (bonus if feet go together) | Run jump onto spring board squat through over 5 sections vault into landing shape | -Controlled circle down -Climb on jump to floor -Squat on |
| Roll | X4 kick walks | Run jump onto spring board straddle over 5 sections vault into landing shape | Jump to high bar |
| Strength | Squat down with choreographed arms | Run jump onto spring board Handstand flat back on red block | -trolley swing dismount -trolley swing up and over bar - $\frac{3}{4}$ giant |
| Agility/Tumble | Linking tuck jump, small split jump | Run jump onto spring board handspring over 5 sections vault into landing shape | |
| Flexibility | Straight leg T balance carry round to arabesque 3" on both legs | | |
| | Round off dismount | | |
| Present | Present | Present | Present |