

TUMBLING STARS AWARD

LEVEL 4

FLOOR

SEQUENCE - SHOULDER STAND, V SIT, DISH ROCK, ARCH ROCK, FRONT SUP- PORT, PRESS UP JUMP TO CROUCH JUMP TO STAND, FORWARD ROLL

HIGH BAR

SKILL - Swing through dish build up the number of continuous swings

LOW BAR

SKILL - FORWARD CIRCLE - FORWARD HIP CIRCLE TO FRONT SUPPORT

TRAMPET

SKILL - HURDLE STEP, STRETCH JUMP - BUILD UP LANDING HEIGHT

P-BAR

SKILL - JUMP TO SUPPORT TRAVEL ALONG 4 STEPS, DISMOUNT

BEAM

SKILL - JUMP TO SUPPORT, STAR, SWING TO STAND, CATERPILLAR, BUNNY HOP, WALK TO THE END DISMOUNT.

VAULT

SKILL - JUMP TO HIGH BLOCK 60CM