

# TUMBLING STARS AWARD

## LEVEL 5

### *HIGH BAR*

**SKILL - MONKEY WALKS AND SHAPES**

### *LOW BAR*

**SKILL - FRONT SUPPORT**

### *TRAMPET*

**SKILL - STRETCH JUMP**

### *P-BAR*

**SKILL - TRAVEL ALONG P-BARS**

### *BEAM*

**SKILL - FRONT SUPPORT, STAR, MOUNT TO STAND, LIFT TO TOES AND HOLD, SHOW LANDING, WALK ALONG BEAM HIGH LEG LIFTS TO 45. SWING JUMP LAND, HOLD LANDING SHAPE.**

### *VAULT*

**SKILL - HOP SCOTCH**

### *FLOOR*

***SEQUENCE - STAR, STRETCH, TUCK, STRADDLE, PIKE, BACK SUPPORT, FRONT SUPPORT, ARCH, DISH, ROCK AND STAND, BUNNY HOP, FORWARD ROLL TO TUCK, PIKE HOLD FLEX FEET.***