

Grade 15	
1	Jumping 2 feet together over a line
2	Explore shapes using a ribbon
3	Shoulder shrugs and circles
4	Show being small, tall and wide
5	Walk around room on tiptoes, arms up
6	Hold a crab shape for 5 seconds
7	Jump from a height showing a secure landing

Grade 14	
1	Monkey Walking
2	Log roll
3	Drop and catch a ball x3
4	Know and show a pike and straddle shape on the floor
5	hopping , left and right leg
6	Walking along a balance beam
7	Pull body along a bench

Grade 13	
1	Backwards monkey walking
2	Hold dish and arch for 5 seconds
3	Forwards continuous chasses
4	Straight jump, tuck jump, star jump all shown with secure landing
5	X3 moving bunny hops
6	Forward roll down a slope
7	Tuck rock backwards and forwards

Grade 12	
1	Bent leg balance, left and right leg - 5 seconds
2	V-Sit hold 5 seconds
3	Squat onto vault, star jump off, holding secure landing
4	Forward roll to stand
5	Handstand against a wall - 5 second hold
6	Cartwheel through a hoop
7	Tuck, pike and straddle shape shown on the bar

Grade 11	
1	Chasse catleap, chasse scissor kick
2	Backward roll down a slope
3	Walking backwards along a beam
4	Plank hold - 10 seconds
5	Straddle on to vault
6	Perform a correct trampette jump and landing
7	Cartwheel

Grade 10	
1	Half turn jump with secure landing
2	Arabesque on a beam for 3 seconds
3	Perform a tidy bridge for 5 seconds
4	Handstand
5	Teddy bear roll
6	Backward roll
7	Squat onto vault, forward roll

Grade 9	
1	Full turn jump, secure landing
2	Backward roll to straddle stand
3	1 handed cartwheel
4	10 burpees
5	Back bend to bridge and Handstand to bridge
6	Splits/Japana
7	Straight, tuck and star jump from trampette with a landing shape

Grade 8	
1	Bridge kickover
2	10 sit ups
3	Straddle and pike jump on floor, showing a secure landing
4	Cartwheel on a bench
5	Half spin
6	Bunny hop to handstand
7	Squat onto vault, cartwheel off

Grade 7	
1	Back walkover
2	Tuck pike and straddle lever
3	Half turn jump from trampette
4	Hurdle Step Round off
5	Handstand forward roll
6	Split leap
7	Forward roll on beam

Grade 6	
1	Full spin
2	Squat onto vault, front handspring off
3	Front handspring on airtrack
4	Front walkover
5	Dive roll form trampette
6	W-Jump and Stag Jump shown with secure landing
7	Cartwheel on beam

Grade 5	
1	Standing Back handspring on airtrack
2	Half spin on beam
3	Front handspring over vault
4	Backward roll to front support
5	Round off, full turn jump
6	Chin up and over - Bar
7	X15 Press Ups

Grade 4	
1	Front handspring on floor
2	Round off, Back Handspring
3	Handstand full pirouette
4	Elephant lift
5	Front somersault from trampette
6	Back Walkover on beam
7	Round off back somersault on Airtrack

Bronze Level - Squad	
1	Valdez
2	Backward roll to handstand
3	Round off multiple backhandspring
4	Fly spring
5	Pike front somi from trampette
6	Round off back tuck on floor
7	Straight jump onto vault, front somi off & back somi

Silver Level - Squad	
1	Backwalkover, back handspring step out
2	Barani from trampette
3	Back Handspring step out on beam
4	Round off backhandspring straight back on airtrack
5	Half onto vault
6	Free cartwheel
7	Straight leg split spin

Gold Level - Squad	
1	Standing back tuck
2	Press handstand
3	Round Off full twisting straight back on airtrack
4	Front handspring to 1, handspring to 2
5	Free walkover
6	Straight full twisting front somi from trampette
7	Half on Half off - Vault