

Orange

Vault

Squat on to vault

Handstand flat back on two 8 inch

Hurdle drill off panel mat to straight jump land

Bars

Pull over- with spot

3 casts on third cast back hip circle- with spot

Forward roll to chin hold

Beam (low "real" beam)

Mount, swing leg over and squat on

Two kicks forward (straight legs, kick at horizontal without bending bottom leg)

Lever -> back to lunge

Handstand (baby handstand)

Pivot turn

Straight jump

Split jump (straight legs, 30 degrees)

Tuck jump off side of beam dismount

Floor

Forward roll (stand up without hands)

Cartwheel (straight legs, land and finish)

Candlestick

Lay down, bridge

Kick on leg in the air and hold for 2 seconds

run split leap

Straight jump, split jump (connected)

Handstand (can close legs together almost at vertical)