

		Level 1 and Level 2	Level 3 and Level 4	Level 5 and Level 6
<b>1</b> <b>2</b> <b>3</b> <b>4</b> <b>5</b> <b>6</b> <b>7</b> <b>8</b>	1. Forward roll down crash mat	<u>Gymnastics</u> 1. Forward roll down crash mat	<u>Gymnastics</u> 1. Forward roll down wedge to arabesque	<u>Gymnastics</u> 1. Forward roll down wedge to arabesque
	2. Walk around hoop	2. Walk around hoop	2. Run onto springboard straddle jump from vault & arabesque	2. Run onto springboard jump from vault, land, forward roll over object then arabesque
	3. Crab walk over dome called 'jellyfish'	3. Crab walk over dome called 'jellyfish'	3. Walk handstand to	3. Walk handstand to forward roll
	4. Run onto springboard, straight jump from vault	4. Walk	4. Walk handstand to	4. Walk backwards along beam, 180 turn ½ jump land
	5. Bunny hop over bench	5. Walk along beam, jump ½ turn and land	5. Walk handstand to	5. Walk backwards along beam, 180 turn ½ jump land
	6. Front and back supports	6. Partner and pyramid balances	6. Creative	6. Creative
	7. Parachute play	7. Parachute play	7. Circus – ribbons, juggling, stilts, spinstix and spinning plate	7. Circus – ribbons, juggling, stilts, spinstix and spinning plate
	8. Parachute play	8. Parachute play	8. Circus – ribbons, juggling, stilts, spinstix and spinning plate	8. Circus – ribbons, juggling, stilts, spinstix and spinning plate

SAMPLE