

### Level 1 Skill Sheet

| <b>Vault</b>                                 | <b>Floor</b>                                  |
|--|---|
| Running Form                                 | Lunge lever lunge                             |
| Step Arm Circle Rebound                      | Backward roll down wedge                      |
| Straight Jump board to small panel mat       | Bridge  |
| Run punch forward roll on to resi            | Candle stick roll to stand                    |
| <b>Bars</b>                                  | Forward roll                                  |
| 5 sec pike hold                              | Spider handstand                              |
| 5 sec chin hold                              |   |
| 5 tuck ups                                   | <b>Strength</b>                               |
| Chin pull over with spot                     | Arch up holds (3 for 3 seconds)               |
| Jump to front support, forward roll dismount | Plank hold, knees down, on hands (15 seconds) |
| <b>Beam</b>                                  | Squat down to 1 or 2 pit cubes (5)            |
| Mount Beam                                   | Tuck hollow hold (10 seconds)                 |
| Straight jump dismount                       |   |
| Arabesque                                    | <b>Tramp</b>                                  |
| Front support V sit                          | Seat drop bounce seat drop                    |
| Lever on floor beam                          | 3 jumps to stick landing on 8 inch mat        |
| Pivot turns                                  | 3 jumps to STOP on tramp                      |
| Walk forward, backward, sideways             |   |