LEVEL 8 - Pre School / Parent & Todler

No	Description
01	VT - Jump off tumble track, land on feet *(swing arms up, no hands)*
02	UB - Hang on bars *(3 secs)*
03	BB - Walk forwards on red beam pad
04	FX - Understand & show: Straddle sit / pike sit / tuck sit
05	FX - Understand & show: lie in star / straight / ball shape
06	FX - Flamingo balance *(arms out,knee up, toe pointed)*
07	FX - Complete warm up / stretch
08	FX - Answer name on register

LEVEL 7 - Pre School / Parent & Todler

No	Description
01	VT - Jump from box top, land on feet *(swing arms up)*
02	VT - x3 traveliing bunny hops
03	UB - Hang in tuck shape on bars *(3 secs - toes pointed)*
04	BB - Walk forwards 1 length of floor beam *(with "magic hoop")*
05	BB - Walk forwards 1 length of training blue beam *(arms out, fingers pointed, 1 foot in front of other)*
06	FX - Forward skipping *(length of the floor)*
07	FX - Hopscotch pattern *(2 feet together, 2 feet apart)*
08	FX - Forward roll down hill, finish in tuck shape *(arms in front, fingers pointed)*
09	FX - Hopping x3

LEVEL 6 - Independent / Foundation Under 6yrs

No	Description
01	VT - From standing, squat on, 2 section vault *(must be on feet)*
02	VT - From standing, squat on, red block *(any standard, must be on feet)*
03	VT - From standing, squat on, red block *("comp standard" - feet, no wobbles, legs together)*
04	UB - Lifted up to front support on bars "parrot balance" *(straight arms, legs straight, toes pointed)*
05	UB - Lifted up to chin up hold on bar *(3 seconds, tucked legs, toes pointed)*
06	BB - Walk forwards 1 length of high beam *(with "magic hoop")*
07	FX - Hopscotch pattern *(hop, jump)*
08	FX - Forward roll to tuck sit *(arms in front, fingers pointed)*

LEVEL 5 - Foundation Skill Progression

No	Description
01	VT - Run on platform, 1 bounce onto springboard, to squat on vault
02	VT - Hurdle step, jump, *using springboard (comp standard, fingers/ toes pointed, 3 secs, no wobbles etc)*
03	VT - Straight jump from vault, show landing shape *(comp standard, swing arms, fingers/ toes pointed, 3 secs, no wobbles etc)*
04	UB - From parrot balance, supported forward circle to sit in doughnut
05	BB - Walk forwards 1 length of high beam *(arms out, fingers ponted, 1 foot in front of other)*
06	BB - "Duck" walking *(in low crouch)* 1 length of high beam *(arms out, fingers pointed)*
07	FX - Forward roll down hill to stand *(comp standard, no hands to stand, pointed fingers, knees together)*
08	FX - x3 Roll backwards and forwards to tuck sit, place hands for backward roll
09	FX - Backward roll down hill

LEVEL 4 - Foundation Skill Progression

No	Description
01	VT - Run, hurdle onto springboard, to squat on vault *(any standard, 3 section vault, 4 section for 10yrs+)*
02	UB - Forward circle to stand *(straight legs, toes pointed)*
03	UB - Pull to chin up, pike leg lift, hold 3 secs *(straight legs, toes pointed)*
04	BB - Backward walking on high beam *(arms out, fingers pointed)*
05	BB - Staddle sit, feet behind, lift up to crouch, then stand *(legs straight, toes pointed)*
06	FX - Handstand, feet on wall or supported *(3 secs - to check weight bearing)*
07	FX - Forward roll to stand with no hands helping
08	FX - Backward roll, push arms straight, to finish on knees
09	FX - Push to bridge *(head off floor, straight arms)*
10	FX - Headstand - tucked *(coach 1 hand support of feet)*
11	FX - Kick to handstand - join feet at top - any finish *(must show long lunge at the start)*

LEVEL 3 - Foundation Competition Standard

No	Description
01	VT - Squat on vault, straight jump off *(comp standard, 4 section for 7yrs+)*
02	UB - Cast towards horizontal, then dismount with landing shape *(showing clear hollow shape)*
03	UB - Forward circle to chin up hold, with legs in pike *(3 secs)*
04	BB - From springboard, jump to front support, leg round to staddle, feet behind, lift up to crouch, then stand *(legs straight, toes pointed)*
05	BB - Straight jump on high beam, landing shape x3
06	FX - Forward roll to stand *(comp standard)*
07	FX - Backward roll to stand *(comp standard)*
08	FX - Push into competition bridge - 3 secs *(comp standard, legs together & straight, arms to ears, open shoulders)*
09	FX - 1/2 turn jump, with landing shape *(comp standard)*
10	Headstand - tucked *(comp standard, lift from 2 feet, straight back)*
11	FX - Handstand hold - 1 sec, finish in lunge *(comp standard)*

LEVEL 2 - Foundation Skill Progress

No	Description																								
01	VT - Squat on vault at 50cm distance, immediate straight jump *(comp standard)*																								
02	VT - Squat through vault at minimum 50cm distanc *(any standard)*																								
03	UB - Pull to chin up, upward circle *(coach 1 hand support)*																								
04	UB - Run/ kick up/ jump or walk up soft play, to upward circle, finish in front support																								
05	UB - Climb on to squat position - 3 secs, jump off bar *(supported by coach)*																								
06	BB - Forward roll to tuck sit on high beam *(supported by coach)*																								
07	BB - Catleap																								
08	Backward roll down hill *(straight legs throughout)*																								
09	Forward roll to stradle stand down a hill *(straight legs throughout)*																								
10	Cartwheel - side to side *(any standard, legs must go over the top)*																								
11	Handstand forward roll down a hill, stand up with no hands																								

LEVEL 1 - Foundation Competition Standard

No	Description																								
01	VT - Squat through vault at minimum 60cm distance *(comp standard, to stick)*																								
02	UB - Upward circle *(pull to chin up, leg lift, pull round to front support)*																								
03	UB - Climb on to squat position - 3 secs, jump off *(comp standard)*																								
04	BB - Tuck jump, landing shape *(comp standard)*																								
05	BB - Forward roll to straddle sit on matted high beam *(comp standard)*																								
06	Backward roll - *piked* *(comp standard, straight legs throughout, toes pointed, no wobbles)*																								
07	Backward roll - *straddle - table top, stretch, bend and slide to stand feet together*																								
08	Forward roll to straddle - *table top, stretch, bend and slide to stand feet together*																								
09	Cartwheel - front to side *(comp standard, legs straight, toes pointed, head in, no wobbles)*																								
10	Handstand forward roll - bent arms *(comp standard, must hold handstand 1 sec)*																								

BRONZE - Intermediate Skill Progression

No	Description																								
01	VT - Squat on long - vault *(hands at end of vault)*, from start of vault, crouch and jump into squat through																								
02	UB - x3 swings with regrasp *(any standard)*																								
03	UB - Cast to squat on low bar - 3 secs, jump off *(supported by coach)*																								
04	UB - From standing on low bar, jump to catch high bar *(comp standard, straight body)*																								
05	BB - **Girls**: Forward roll to stand on matted high beam																								
06	FX - Double cartwheel																								
07	FX - Round off to tension bridge, using springboard and safety mat																								
08	FX - Headstand - straight legs *(pike up & straddle up)*																								
09	FX - Bridge, kick over (must have straight legs, toes pointed)																								
10	FX - Handstand to bridge (legs apart in bridge, arms clsoe to ears)																								
11	FX - x5 Bridge "rocking" (legs wide, feet close to hands, rock back & forth to open and clsoe the shoulder angle)																								

SILVER - Intermediate Skill Progression

No	Description																								
01	VT - Squat through on long vault *(comp standard, must show stretch position before tucking)*																								
02	UB - x3 swings with regrasp *(comp standard, show dish, arch, kick action)*																								
03	UB - Cast to squat on low bar - 3 secs, jump off																								
04	UB - Back hip circle shaper *(supported by coach, maintain straight body throughout, show wrist shift)*																								
05	BB - **Girls:** Handstand on high beam																								
06	FX - Round off, rebound with arms down *(arms must press in before landing on feet)*																								
07	FX - One handed cartwheel																								
08	FX - x3 2 legged tic-toc *(bridge with legs wide, feet close to hands, rock back - jump off feet, rock forward and push off hands)*																								
09	FX - "Back-bend" to bridge - kick over *(legs apart in back bend, straight legs kick-over)*																								
10	FX - Handstand to tight bridge, immedaite stand up *(no wobbles, legs apart, arms clsoe to ears)*																								
11	FX - Tucked headstand, shoot legs upward and push into handstand - hold 1 sec																								

GOLD - Intermediate Competition Standard

No	Description																								
01	VT - Handspring, flat back - vault																								
02	UB - Cast, back hip circle *(comp standard)*																								
03	UB - Cast to squat on, catch high bar *(comp standard)*																								
04	UB - Cast to straddle undershoot *(comp standaard)*																								
05	BB - **Girls:** Cartwheel on high beam																								
06	FX - Backward walkover *(start with leg up, hold handstand 1 sec, finish in lunge)*																								
07	FX - Forward walkover *(finish with leg held in up at 45 degrees for 3 secs,stand feet together)*																								
08	FX - Backward roll to handstand *(bent arms, straight legs throughout, hold handstand 2 secs)*																								
09	FX - Round off, rebound to safety mat, finish in dish																								
10	FX - Flick to tension bridge - from trampette/ trampoline																								
11	FX - Arabesque - 3 secs *(must have arch in back, chest above horizontal, back leg above horizontal)*																								