



< Core Skills 1

Walk with rotation	>
Run	>
Hop	>
Key shapes	>
Dish / Arch	>
Turn in support	>
Choice of one-foot balance	>
Shaped jumps	>
Half turn on one foot	>
Dish to arch roll	>
Side roll	>
Bunny jump	>

< Core Skills 2

Aerobic steps	>
Grapevine	>
Chassé step forwards / Chassé step sideways / Chaînés	>
Hurdle step, rebound jump	>
Shoulder stand	>
Japana / Pike fold	>
Press up	>
Arabesque	>
Straight jump with half turn	>
Cat leap / Scissor leap	>
Teddy bear roll	>
Forward roll	>

< Core Skills 3

Chassé step into a choice of skill	>
Supported levers	>
Splits	>
Bridge	>
Frog balance / Headstand	>
Y balance	>
Straight jump with full turn	>
Tuck jump with half turn	>
Full turn on one foot	>
Backward roll	>
Cartwheel	>
Handstand	>

< Core Skills 4

Perch	>
Levers	>
Advanced jump	>
Advanced leap	>
Backward roll to a creative finish	>
Cartwheel on both sides	>
One-handed cartwheel	>
Cartwheel-snap	>
Handstand forward roll	>
Bridge kickover	>
Handstand to bridge	>
Acrobatic sequence with Core Skills 2, 3 and/or 4	>

< Apparatus 1

Walk with rotation on a bench	>
Shaped jump on a bench	>
Squat or straddle onto a raised surface from stand	>
Shaped jumps from a raised surface	>
Hang from apparatus with shapes and support	>
Travel in hang across apparatus	>
Rotate a hoop on the hand / Skip through a hoop	>
Roll a hoop and travel creatively	>
Skip through a rope forwards / Rotate a rope with Core Skills 1	>
Bounce a ball with Core Skills 1 / Throw and catch a ball with Core Skills 1	>
Roll a ball and travel creatively	>
Ribbon coils and/or snakes with Core Skills 1 / Run through a large ribbon circle in mirror plane	>

< Apparatus 2

Arabesque / Half turn on one foot on a bench	>
Cat leap on a bench / Scissor leap on a bench	>
Forward roll using a bench	>
Squat or straddle onto a raised surface / Forward roll onto a raised surface	>
Rebound shaped jumps from apparatus	>
Leg lift using apparatus / Forward circle to stand using apparatus	>
Rotate a hoop on the hand with Core Skills 1 / Cat leap through a hoop	>
Boomerang a hoop with Core Skills 2	>
Skip through a rope backwards / Figure of eight rope rotations with Core Skills 2	>
Bounce a ball with Core Skills 2	>
Throw and catch a ball with Core Skills 2 / Roll a ball with Core Skills 2	>
Ribbon coils and/or snakes with Core Skills 2 / Chassé step forwards with a large ribbon circle in wheel plane	>

< Apparatus 3

Y balance on a bench / Full turn on one/two feet on a bench	>
Kick towards handstand on a bench	>
Cartwheel using a bench	>
Straight jump with full turn from a raised surface / Tuck jump with half turn from a raised surface	>
Tuck lever using apparatus	>
Circle up on a bar	>
Rotate a hoop on a body part with Core Skills 2	>
Boomerang a hoop or roll a hoop backwards with Core Skills 3 / Throw and catch a hoop with Core Skills 2 or 3	>
Skip through a rope with singles and doubles / Chassé step with a choice of skill with figure of eight rope rotations	>
Bounce a ball with Core Skills 3	>
Throw and catch a ball with Core Skills 3 / Roll a ball with Core Skills 3	>
Ribbon coils and/or snakes with two Core Skills 2 and/or 3 / Rotating jump with a large ribbon circle in table plane	>

< Apparatus 4

Leap and/or jump sequence on a bench	>
Handstand on a bench	>
Squat through or straddle over a raised surface	>
Advanced jumps from a raised surface or rebound from apparatus	>
Cast into backward hip circle on a bar	>
Levers using apparatus	>
Rotate a hoop on a body part with Core Skills 3	>
Boomerang a hoop or roll a hoop backwards with two Core Skills 3 and/or 4 / Throw and catch a hoop with Core Skills 4	>
Skip through a rope with singles, doubles and crossed / Chassé step with figure of eight rotation to leap through a rope	>
Bounce a ball with Core Skills 4 / Throw and catch a ball with Core Skills 4	>
Roll a ball on the body unassisted	>
Ribbon coils, snakes and/or large circles with two Core Skills 3 and/or 4	>

< Working Together 1

Counterbalance	>
Assisted shaped jump	>
Shaped jump over an obstacle	>
One-foot balance in contact	>
Roll in contact	>
Supported front support	>
Start and stop with the music	>
Core Skills 1 in unison	>
Sequence with two skills	>
Line formation	>
Work in multiple pairs	>
Display with Core Skills 1	>

< Working Together 2

Counterbalance with a choice of skill	>
Teddy bear roll around a teammate	>
Forward roll over an obstacle	>
A choice of skill in contact	>
Bunkbeds with the base's legs straight	>
Stand on thighs with the base on knees	>
Bounce to the beat	>
Core Skills 2 mirrored	>
Sequence with three skills	>
Circle formation	>
Work in multiple trios	>
Display with Core Skills 1 and/or 2	>

< Working Together 3

Assisted creative handstand	>
Backward roll to assisted shaped jump	>
Cartwheel over an obstacle	>
A choice of supported skill	>
Tank rolls	>
Stand on one knee with the base on knee	>
Chassé step to the beat and count	>
Core Skills 3 in canon	>
Sequence with four skills	>
V formation	>
Work in a large group	>
Display with Core Skills 2 and/or 3	>

< Working Together 4

Leapfrog	>
Stand on shoulders with the base on knees	>
Cartwheel across thighs	>
Stand on thighs with the base on feet	>
Bunkbeds with the base's legs bent	>
Assisted advanced jump	>
Work to four counts	>
Core Skills 4 in unison, mirrored and in canon	>
Sequence with five skills	>
Link formations	>
Work in a pair, trio and large group	>
Display with Core Skills 3 and/or 4	>