



|                              | 8  | 7                                  | 6                                  | 5                                    | 4   | 3                      | 2                             | 1                                      |
|------------------------------|--|------------------------------------|------------------------------------|--------------------------------------|---|------------------------|-------------------------------|--|
| Pulse Raising Activities     | Run on the spot for 30 seconds           | Run freely for 45 seconds          | Run for 1 minute                   | Skip for 30 seconds                  | Skip for 45 seconds                             | Skip for 1 minute      | 10 shuttle runs               | 15 shuttle runs                        |
| Flexibility & Posture        | Present & finish                         | Bent leg dish                      | Dish & arch                        | Straddle forward to 45°              | Lunges, both legs - forwards & sideways         | Bridge                 | Japana flat                   | Splits                                 |
| Strength                     | Front & back support                     | Back support raising one leg       | Press up Fw & Bw                   | Dish roll to arch                    | Shoulder stand with hips supported              | Tucked handstand       | Piked handstand               | Handstand pop                          |
| Jumping                      | Jump in & out of hoop                    | Stand & jump to safe landing       | Hop jump, hop jump along the floor | Hop, step & jump                     | Cat leap - 2 times on each leg                  | Tuck jump & star jump  | Half turn jump                | Full turn jump                         |
| Balancing                    | Transfer weight from 1 foot to the other | 1 foot balance on beam or block    | Pike v-sit with hand support       | Arabesque                            | Frog balance                                    | Tucked headstand       | Headstand                     | Handstand hold – 3 seconds             |
| Weight on Hands & Locomotion | From Crouch, bunny hop                   | Burpee                             | Travelling bunny hops              | Bunny hops over a bunch side to side | Straddle bunny hop over a bench                 | Cartwheel              | Cartwheel 1/4 turn off bench  | Double cartwheel                       |
| Rolling                      | Rock and roll in tuck                    | Rock and roll in Pike and straddle | Rock and roll to stand             | Forward roll down an incline         | Backward roll down an incline                   | Forward roll           | Backward roll                 | Handstand forward roll – straight arms |
| Apparatus Preparation        | Fw & Bw walk with relevé - low beam      | Straddle mount - medium beam       | Bunny hops - medium beam           | Hurdle, 2 foot jump off - high beam  | Hurdle jump springboard, straight jump on block | Squat on - table vault | Squat through / Straddle over | Handstand flat back                    |
| Passed:                      | / /                                      | / /                                | / /                                | / /                                  | / /   | / /                    | / /                           | / /                                    |

Name:.....