



**Bronze**

**Silver**

**Gold**

**Platinum**

<b>Pulse Raising Activities</b>	10 continuous Burpees with good form.	For 1 minute step ups on bench.	For 1 minute squat jumps on bench.	X5 rotations of rebound circuit set by Coach.
<b>Flexibility and Posture</b>	Split of choice or Pike Fold or Japanna, held for 20 seconds.	Split of choice or Pike Fold or Japanna, held for 30 seconds.	Split of choice or pike Fold or Japanna, held for 45 seconds.	Split of choice or pike fold or Japanna, held for 60 seconds.
<b>Strength</b>	Extended front support held for 10 seconds.	Straddle lever held for 10 seconds- may use paralettes.	Pike lever held for 10 seconds- may use paralettes.	Tuck Planche Hold for 10 seconds- may use paralettes.
<b>Jumping</b>	Split Jump or Leap- min 135°	Split Jump or Leap- min 145°	Split Jump or Leap- min 160°	Split Jump or Leap- min 170°
<b>Balancing</b>	Belly to wall Handstand Hold 30 seconds.	Belly to wall Handstand Hold 60 seconds.	Handstand Hold 5 seconds.	Handstand Hold 10 seconds.
<b>Weight on hands and locomotion</b>	Round off Rebound.	Handstand Hop to Handstand forward roll.	Handspring.	Flic.
<b>Rolling</b>	Backward Roll to Front Support.	Dive Roll.	Backward Roll to handstand.	Front Somersault.
<b>Apparatus</b>	Red Block Vault- Headspring or Handspring. Low Beam- Forward Roll. High Bar or Low Bar- Straddle or pike Undershoot.	Red block Vault ½ on or Handspring over table vault 100cm. Low Beam- Cartwheel. Low bar- Squat on jump to dismount.	Table Vault any height ½ on or 110cm (Min) Table Vault Handspring. Beam- Handstand or cartwheel. Bars- Squat on Jump to catch, long hang circle up.	Table vault 110cm (Min) ½ on, any height for ½ on ½ off or any FIG coded Vault (no salto). Beam- Any FIG Coded Dismount. Bars- Upstart on any bar.
<b>Date Passed</b>				