ROSETTE 8

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Strength | Flexibility | Balance | Floor skill | Beam skill | Bars skill | Vault skill | Trampoline skill |
| Front support | Standing touch toes | H balance | Forward roll stand up with/without hands  Down gradient | Climb on high beam and walk along unassisted | Monkey bar along | Run Hurdle step jump to land | Jump x5 and stop safely |
|  |  |  |  |  |  |  |  |

ROSETTE 7

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Strength | Flexibility | Balance | Floor skill | Beam skill | Bars skill | Vault skill | Trampoline skill |
| Back support | Pike fold to touch toes | Arabesque | Forward roll stand up on floor | Walk backwards on low beam | Leg lift | Run jump on board to land in hoop | Stretch, tuck, star jump |
|  |  |  |  |  |  |  |  |

ROSETTE 6

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Strength | Flexibility | Balance | Floor skill | Beam skill | Bars skill | Vault skill | Trampoline skill |
| Sit up | Straddle fold | Headstand against block | Backward roll to feet down gradient | Cross steps sideways | Jump to front support push off backwards | Squat on to low block | X5 star jumps |
|  |  |  |  |  |  |  |  |

ROSETTE 5

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Strength | Flexibility | Balance | Floor skill | Beam skill | Bars skill | Vault skill | Trampoline skill |
| Bridge | Frog sit | V sit hold | Backward roll | Walk backwards on high beam | Assisted chin up round | Run Jump squat on to block stretch jump off | Jump over red into pit |
|  |  |  |  |  |  |  |  |

ROSETTE 4

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Strength | Flexibility | Balance | Floor skill | Beam skill | Bars skill | Vault skill | Trampoline skill |
| Front support turn to back support back press up | Box splits on elbows | Tucked headstand | Kick up to handstand against block  (feet to join) | Lie down and stand up unassisted | X3 casts with hips of bar | Run jump Straddle on stretch jump off | Supported Handstand into pit from hands down |
|  |  |  |  |  |  |  |  |

ROSETTE 3

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Strength | Flexibility | Balance | Floor skill | Beam skill | Bars skill | Vault skill | Trampoline skill |
| Chin up with band | Splits with hands on floor | Spin position on toes | Cartwheel | Forward roll on floor beam | Supported back hip circle | Straddle over | Jump into handstand into pit |
|  |  |  |  |  |  |  |  |

ROSETTES 2

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Strength | Flexibility | Balance | Floor skill | Beam skill | Bars skill | Vault skill | Trampoline skill |
| Press up | Assisted back bend | Horizontal leg lift | Full turn jump | Forward roll on matted beam | Squat on to low bar from block | Kick to handstand flat back | Jumps into supported forward roll |
|  |  |  |  |  |  |  |  |

ROSETTE 1

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Strength | Flexibility | Balance | Floor skill | Beam skill | Bars skill | Vault skill | Trampoline skill |
| V Sit | Back bend | Tuck hold | Cat leap and split leap | Cartwheel on floor beam | Jump and catch higher bar | Run jump Forward roll on to block | Supported front somersault |
|  |  |  |  |  |  |  |  |