

	Floor	Vault	Bars
Level 1	Pencil roll Hold stretch and tuck shape for 3 seconds	standing stretch jump Front support jump feet into tuck shape	Hang on bar for 3 seconds Front support holding a paralette and feet on a block
Level 2	Rocks with support from parent/coach Hold straddle star and pike shapes	Jump and land on a target Squat on to low block with support	Hang in tuck shape Supported peekaboo over the bar (chin ups)
Level 3	Jumps on a spot Supported forward roll down an incline	Jump over an obstacle Straddle on to a low block with support	3 supported toe touches Hang in straddle shape
Level 4	Side to side bunny hops over a line Rock in straddle	Rebound jumps on the spots Front support jump feet in and immediate straight jump	Hold front support on bars with help from a coach Supported monkey walks across the bar
Level 5	Walk feet up a block towards handstand Rock in tuck	Rebound jumps through hoops Squat onto block without support	Supported circle down from front support Supported swings on low bar

Beam	Partner, sequence and fitness
Walk along a rope Supported walking along a floor beam	Roll a ball to a parent/coach Sort bean bags into colours
Walk along a bench unsupported Bunny hops along a bench	Mirror a parent/ coach arm and leg movements Pass a bean bag around their back
Walk sideways L&R on the floor beam Small jumps along a bench	Throw and catch a bean bag with a guardian Hold hoop above your head and drop around body
Walk backwards on a floor beam Toe taps along the floor beam	Mirror a guardian arm and leg movements
Walk along a bench a balancing a bean bag on your head Supported tip toe walks along the high beam	Roll a ball to a partner in the class