

GIRLS ROUTINE A - Start trampoline end. Facing bars.

PRESENT . Start: Stand, hands on hips, point one toe in front. (Hold). Bounce and swop toes x3

Tuck jump, star jump. Hands on hips, three skips forward. Finish feet together.

Forward roll to straddle sit OR Forward roll to stand. Crouch down.

Roll back to **Shoulder stand.** (Hold for 3) **OR Bridge.** Roll down to pike sit.

Circle arms backwards. **Back support (hold), turn to Front support (hold).** Jump feet to squat.

3 x High bunny hops. Stand up. 1/4 turn. Arms out to side. 3 x Side chasses, 1/4turn face trampoline.

Balance on one leg / Arabesque. (Hold for 3)

Finish: Step down on one knee. Opposite hand on knee. Other arm up. (Hold for 3). **PRESENT**

GIRLS ROUTINE B - Start trampoline end. Facing bars.

PRESENT. Start: Lie on tummy, elbows on floor, hands on chin, one knee bent up. (Hold)

3 x leg kicks. Push up to front support, jump to squat and stand up. **1/1 turn jump.**

Handstand step down **Forward roll OR Handstand Forward Roll.** Jump 1/2 turn.

Backward Roll OR Backward Roll to straddle stand. Jump feet together.

Turn to face mirrors. Arms out to side. 2x Side chasses towards bars. Join feet. 1/4 turn to face bars..

Crouch, stand up. Hands on hips step down on one knee, then two knees. **Frog balance OR Headstand with straight legs** (tuck/ pike/straddle up). Finish on knees.

Hands down, turn sideways to tuck sit on bottom, slide legs straight, slide to straddle. 2x side sweeps. Join legs, rock through shoulder stand, rock to stand. **Chasse catleap OR Chasse 1/1 catleap**

Cartwheel OR 1-handed Cartwheel

Finish: Circle arms back, cross one foot over, link hands, turn them inside out in front. (Hold for 3) **PRESENT.**

GIRLS ROUTINE C - Start near bars. Facing mirrors.

PRESENT. Start: Cross one foot over. Arms horizontal. Hands linked and turned inside out.

Uncross legs. Arms to side, lunge towards bars. 1/4 turn towards trampoline. **Straddle jump OR 1/1 jump to tuck jump**

Handstand Forward Roll step out to **Cartwheel (front to back) OR 2x Cartwheels linked.**

Deep Arabesque OR Y Balance. Cross L foot over R. Make a ½ turn to face trampoline.

Hands on back. 2 x chasses, alternate legs. 3x toe points in front (swop legs). **Full Spin.** Make a ½ turn on toes.

Round off OR Round off to star jump. Side chasse (to bars) circling arms (rainbow) in same direction.

Face bars. **Backward roll to pike stand OR Backward roll to Front Support.** Lower to knees.

Turn on knees to face sideways. Egg Roll towards trampoline. (straddle/ tucked). End one leg straight to the side.

Finish: Still on one knee, leg to side. Raise one arm up, other arm pointing to straight leg. (Hold for 3). **PRESENT**

BOYS ROUTINE D - Start trampoline end, facing bars.

PRESENT. Start: Stand with arms by sides. (Hold for 3). Slowly circle arms backwards.

Tuck jump, star jump. Hands on hips, 1/4 turn to face mirrors. 2 x side chasses towards bars. Jump 1/4 turn, face bars.

Forward roll. Jump 1/2 turn.

2 x rocks. End in **Shoulder stand** OR lie down, **Bridge** (Hold for 3) Roll down to pike sit.

Circle arms backwards to the floor. **Back support (hold), turn to Front support (hold).** Jump feet to squat and stand up. Jump legs apart, jump and cross over feet. Make a 1/2 turn to uncross the feet, arms above head.

3 x High bunny hops. Stand up. **Balance on one leg / Arabesque.** (Hold for 3)

Finish position: Step down on one knee. Arms out to the side. (Hold) **PRESENT.**

BOYS ROUTINE E - Start facing trampoline. Nr tramp.

PRESENT. Start: Start on one knee. One arm down, one arm up, looking up. (Hold for 3)

Circle arm backwards. 1/2 turn on knees. Stand up. **1/1 turn jump.**

Handstand step down **Forward roll** OR **Handstand Forward Roll.** Jump ½ turn.

Backward Roll OR **Backward Roll to straddle stand.** Jump feet together.

1/4 turn to face mirrors. Hands on hips. 2 x Side chasses (one on each side) towards bars. Jump to face trampoline. Step down on one knee, then two knees.

Frog balance OR **Headstand with straight legs** (tuck/pike/straddle up). End on knees, circle one arm back then the other

Fall to front support, jump feet through the gap to pike sit OR Straddle sit. Tuck up, rock and stand.

Cartwheel OR **1-handed Cartwheel**

Finish: Jump feet apart. One hand on hip, other arm up. (Hold) **PRESENT.**

BOYS ROUTINE F - Start facing mirrors. Near bars.

PRESENT. Start: On high knees facing mirrors. Arms down. (Hold for 3) Circle one arm back, then the other.

Egg Roll (straddled or tucked) finish on 1 knee. **(optional single leg circle)** Hands on floor, squat, stand to face trampoline

Tuck, jump, star jump, 1/1 jump OR **1/1 jump to tuck jump**

Handstand Forward Roll step out to **Cartwheel (front to back).** OR **2 x Cartwheels linked**

Facing bars. **Fall to Front Support** OR **Tuck up to handstand, fall to front support.** Jump to squat, stand face mirrors. Arms out to side, 2x side chasses towards trampoline. (1 each side). Jump to face bars, land in stop shape, swing arms to cross in front of you and back out to the side as you stand up.

Round off OR **Round off to star jump.**

Backward roll to pike stand. Jump out to front support. OR **Backward roll to Front Support.**

Lower on to stomach, roll onto back. Sit up or rock up, ending in pike sit..

Finish: Pike sit, bend one knee. Rest same arm on the floor, other arm up. (Hold). **PRESENT**