

Future Stars Routines 2024

Girl's Junior Improvers

Vault

Level 1

Straight jump *onto block, walk to the end, straight jump off*

Level 2 (Tea Rose)

Straight jump *onto block, kick to handstand flat back onto x 2 blue mats at end of the block*

Level 3 (Wild Rose)

Handstand flat back *onto 60cm (x2 blue mats/block & x1 blue mat)*

Bars

Level 1 *(Height suitable to gymnasts needs)*

1. **Jump to front support**
2. **x2 Cast**
3. **Forward circle, to pike hold (hold 3sec)**

Level 2 (Tea Rose) *(Height suitable to gymnasts needs)*

1. **Up hip circle**
2. **X1 Cast**
3. **Back hip circle (bonus)**
4. **Forward circle, to pike hold (hold 3sec) OR cast away (bonus)**

Level 3 (Wild Rose) *(Height suitable to gymnasts needs)*

1. **Float Swing to land on feet**
2. **Up hip circle**
3. **Back hip circle**
4. **X1 Cast**
5. **Cast away, OR Straddle undershoot dismount (bonus)**

Beam

Level 1 (*Middle beam in Sharpington hall – matted to the gymnasts needs*)

1. **Jump to front support, swing leg over to stand**
2. **3 steps backwards**
3. **½ releve turn**
4. **Straight jump**
5. **Stork balance (hold 3sec), walk to the end of beam**
6. **3 steps forwards**
7. **Straight jump dismount**

Level 2 (Tea Rose) (*High beam in Sharpington hall – matted to the gymnasts needs*)

1. **Jump to front support, swing leg over to stand**
2. **4 tip toe walks**
3. **Cat leap tuck jump connected**
4. **Hold leg out in front at horizontal (hold 3sec)**
5. **Turn to side and 2 side steps on toes arms by ears (feet apart, feet together etc.)**
6. **Turn back to face dismount end Tuck jump dismount OR round off dismount (bonus)**

Level 3 (Wild Rose) (*High beam in Sharpington hall – matted to the gymnasts needs*)

1. **Squat on quarter turn to sit**
2. **Show straddle lever (hold 3sec), feet up behind and stand**
3. **Stretch jump tuck jump connected**
4. **Half spin**
5. **Arabesque (hold 3sec)**
6. **Round off dismount**

Floor (Working along a line)

Level 1

1. **Forward roll** into **straddle**
2. Lay flat into **Japan** (hold 3 sec), lay down in straight shape
3. Push up into **bridge** (hold 3 sec), lay down in straight shape
4. Sit up into **pike fold** (hold 3 sec), rock back to stand
5. **Straight jump**
6. Kick to **handstand** OR **cartwheel**
7. **Half turn jump**

Level 2 (Tea Rose)

1. **Cartwheel**, place feet together
2. **Backward roll to pike stand**
3. **Forward roll to straddle**
4. Lay flat into **Japan** (hold 3 sec), bring legs together
5. Lie back, show **bridge** (hold 3 sec), **kick over (bonus)**

Level 3 (Wild Rose)

1. **Handstand forward roll** with straight arms
2. **Cartwheel**
3. **Backward roll to front support**
4. Jump feet into squat shape and stand, **hurdle step round off**
5. **Stretch jump**
6. **Jump full turn**
7. **Forward roll to pike** (arms up by ears), show **pike fold** (hold 3 sec), with hands on the floor next to ankles
8. Lie back, show **bridge**, **kick over** OR **backward walkover (bonus)**