

Girls Future Stars Recreational & Rec plus Gymnastics Routines 2024

Floor Working down a line

LEVEL 1:

Present

1. **Forward Roll** to stand
2. **Straight Jump**
3. **1 footed balance** (hold for 3 seconds)
4. **Kick into baby handstand**
5. Lower to Floor, lift to **arch** (hold for 3 seconds)
6. Rollover to **dish** (hold for 3 seconds)
7. Rock and roll to stand, **tuck jump**

Present

LEVEL 2:

Present

1. **Forward roll to straddle sit**, rock and roll to stand
2. **Kick to handstand**, and come back down
3. **Arabesque** (hold for 3 seconds)
4. **Cartwheel**
5. **Half turn jump**, lower to floor & lie down in straight shape on back
6. Push up to **bridge** (hold for 3 seconds), then **kick over** for **Bonus**
7. Push up into **back support**, turn over to **front support** (hold both for 3 seconds), jump feet in to stand up.

Present

LEVEL 3:

Present

1. Step into **2x cartwheels** connected
2. Step into **handstand forward roll**, immediate **half turn jump**
3. **Backwards roll** with straight legs
4. Step into **arabesque** (Hold 3 secs)
5. **Full turn jump**
6. Slide into any **splits** (hold 3 secs) OR lower and lift to **straight leg headstand** (hold 3 secs)
7. **Round off** connected into **straddle jump**, OR **flic/tuck back** for **Bonus**

Present

LEVEL 4:

Present

1. Run into **handspring or punch front**
2. **Straight jump, tuck jump** connected
3. **Backwards roll** to front support
4. Turn to **back support**
5. **Pike or straddle fold**(Hold 3 secs), rock and roll to stand
6. **Handstand forwards roll** with straight arms, immediate **half turn jump**
7. **Round off flic** or **tuck back-flic tuck back** or **flic straddle jump** connected for bonus

Present

BEAM

Level 1: (Floor beam in Sharpington Hall)

Present

1. Start on beam, **X3 steps forwards**
2. **Straight jump**
3. **1 footed balance** (*hold for 3 seconds*)
4. *Crouch down, releve turn*
5. *Stand up, X3 steps backwards*
6. **X3 steps sideways**
7. *Turn to face the front, Straight jump dismount*

Present

Level 2: (Low beam in Sharpington Hall)

Present

1. **Jump to front support, swing leg to straddle sit, feet behind, push up to stand** (*facing backwards*)
2. **X3 steps backwards**
3. **Straight jump**
4. **Releve turn**
5. **Arabesque** (*hold for 3 seconds*)
6. **Baby handstand**
7. **Tuck jump dismount**

Present

Level 3: (high beam in Sharpington Hall)

Present

1. **Jump to front support, swing leg to straddle sit, feet behind, push up to stand** (*facing backwards*)
2. **Tuck jump**
5. **½ spin**
6. **Handstand OR cartwheel for Bonus** (*if doing cartwheel, releve turn back around*)
7. **Arabesque** (*hold for 3 seconds*)
8. **Cat leap**
9. **Round off dismount**

Present

Level 4: (high beam in Sharpington Hall)

Present

1. **Squat on mount**
2. **Straight jump, tuck jump connected**
5. **Cartwheel OR Backwards walkover for Bonus**
6. **½ spin into releve turn OR full spin for Bonus**
6. **Arabesque** (*hold for 3 seconds*)
7. **Releve turn**
8. **Cat leap, straight jump connected**
9. **Handspring dismount OR Tuck front dismount**

Present

VAULT

Level 1: (Springboard)

Straight jump onto block, walk smartly to the end, **straight jump off (marked out of 9) OR Straight jump** onto block, **kick to handstand flat back (marked out of 10)**

Level 2: (Springboard OR double springboard)

Squat on, kick to handstand flat back over vaulting table OR **handstand flat back** onto x3 blue mats

Level 3: (Small trampette OR springboard)

Handstand flat back over vault table at Suitable Height OR **handspring** over block

Level 4: (Small trampette OR springboard)

Handspring over vault table OR **½ on** over vault table

