

**PRE SILVER GIRLS**

**Student Name:** \_\_\_\_\_

<b>AIRTRACK</b>	<b>PRO ZONE</b>	<b>RED ZONE</b>	<b>AIR BAG</b>
Roundoff split pike jump	Back handspring straight	Roundoffs over red continuous	TRAMP
Fwd & back Walkover	Tuck back sault	Fwd handspring over red	All front saults to stick
cartwheel to b w/over leg up	Pike Front sault and layout	Back handspring x 2	tuck, pike, layout
Handstand 1/2 turn step down	Front aerial on tramp	Back handspring back tuck	Back tuck and layout to stick
Handstand pop, fwd roll	Barani on tramp and to mat	Press to handstand on red box	Barani
Handstand walking 5 steps	Forward egg roll to feet high	Dive roll onto box	Front sault, front sault into bag
Forward Handspring	H/stand on blue back handspring	Barani over black boxes	
Back Handspring	Jump 360 and 540 turn to stick	Front saults x 2	<b>TRACK</b>
Roundoff Back handspring	back hspring back tuck	Roundoff back tuck	F/support walk up to h/stand x 3
Fly Spring	Back tuck to front tuck saults	Front sault over red section	Jump off box punch front
Tuck Front Sault	All saults to stick on blue mat	2 x aerials	Roundoff back tuck assisted
Standing tuck back assisted			
Aerial Cartwheels			

<b>FLEXIBILITY</b>	<b>STRENGTH</b>	<b>WALL RUNNING</b>	<b>LEAPS &amp; JUMPS</b>
h/stand chair sit x 10 secs	20 sit ups	Drop in from low wall 5 runs	Tuck, star, pike
Splits down on at least one leg	10 push ups on feet	Pop half turn to feet	Stag leap
Drop to bridge and stand again	30 sec dish	360 spin on wall	Split leap
Bridge to kick over	Handstand hold 5 secs	High spiderman in and 5 runs	Wolf Jump
Tic toc on low box	20 tuck jumps		Split Pike Jump
Tic toc on low box	15 burpees	<b>TRICKING</b>	Jump full turn and 720 turns
Rolling bridge	10 v sits	Kip up	- show three leap series
	5 pistols each leg	Butterfly kick	
		Arabian dive roll	