

FLOOR & VAULT COMPETITION

YEAR 3 ROUTINE

MY FLOOR & VAULT PLAN

Gymnasts Name.....

Gymnasts Class.....

Down a strip:

- 1- Forward roll
- 2- Straight jump
- 3- 1 leg stand
- 4- Cat springs x2
- 5- Forward roll to straddle sitting
- 6- Japana or bridge
- 7- Teddy bear roll
- 8- Roll to front support, jump to crouch, straight jump

VAULT

No. 1-.....

No. 2-.....