

FLOOR & VAULT COMPETITION

YEAR 4 ROUTINE

MY FLOOR & VAULT PLAN

Gymnasts Name.....

Gymnasts Class.....

Down a strip:

- 1- Forward roll
- 2- Star jump
- 3- Roll back to shoulder stand (2 sec hold)
- 4- Roll forward to straddle sit then japana **OR**
position 1 push to bridge bridge, rock back & forward to stand
- 5- Cartwheel chasse cartwheel $\frac{1}{4}$ turn to lunge
- 6- Join feet together, tuck jump, straight jump $\frac{1}{2}$ turn
- 7- Backward roll
- 8- 1 leg stand

VAULT

No. 1-.....

No. 2-.....