

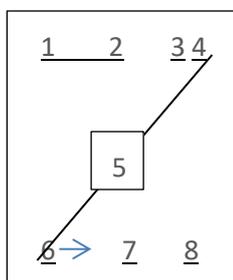
## FLOOR & VAULT COMPETITION

### YEAR 5 ROUTINE

#### MY FLOOR & VAULT PLAN

Gymnasts Name.....

Gymnasts Class.....



In a Z shape:

- 1- Forward roll  $\frac{1}{4}$  turn to knees
- 2- Side roll  $\frac{1}{4}$  turn to long sit
- 3- Lie to straight shape, push to bridge (corner)
- 4- Kick over (0.5 bonus) **OR**  
Push to back support turn to Front support jump in to stand
- 5- Cat Leap Cartwheel immediately chasse cartwheel  $\frac{1}{4}$  turn in
- 6- Back roll to straddle stand (moving across front)  
Turn to splits or Japana, long sit push to back support turn to Front support,  
jump in to stand
- 7- Chasse jump feet together tuck jump straight jump

#### VAULT

No. 1-.....

No. 2-.....