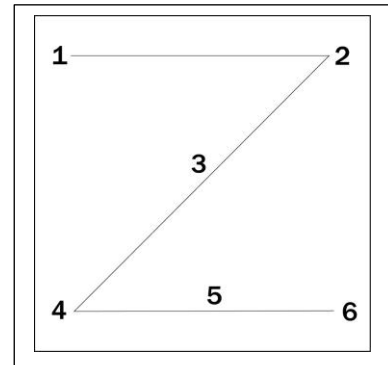


FLOOR & VAULT COMPETITION

YEAR 5 ROUTINE



FLOOR (in a Z shape):

1. Cat leap cartwheel, chasse, cartwheel $\frac{1}{4}$ turn
2. Drop back **OR** push up to bridge (hold for 2 secs) - Kick over/ Backwards walkover
3. Spring entry RO, half turn, Dive forward roll
4. Arabesque
5. Big step into Handstand
6. 2 x Chasse - jump feet together - Tuck jump - Full turn jump.

VAULT :

Squat through **OR** Straddle over