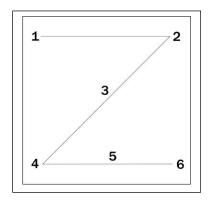
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FLOOR & VAULT COMPETITION

YEAR 5 ROUTINE



FLOOR (in a Z shape):

- 1. Cat leap cartwheel, chasse, cartwheel ¼ 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

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